



Navigating May

May 2021

After a most challenging year for many, coming into the home stretch of the 2020-2021 school year feels alluringly close, yet, still not quite close enough to start to celebrate. There is still some heavy lifting that needs attending to. Here are a few approaches that your peers have recommended as wellness goals, which you might consider adopting through the month of May 2021.

1. Morning check - in!

This may seem obvious but maintaining daily contact with a professional peer or colleague is fundamental for many to remain well and feel supported at work. Connecting with a fellow educator can develop a greater sense of community and belonging. It can also provide some trustworthy critical thinking that helps with problem-solving and sense-making of workplace dynamics and challenges. If you haven't exercised this regular habit, seek out a professional peer as we navigate this last stretch of a challenging year.

2. Desk activity

The amount of desk time - this year in particular - has required many to sit far more than usual. A number of administrators have found that daily desk exercises/yoga have helped. The nice thing about this wellness tip is that it can be done anytime and anywhere you have a few minutes to take a break. There are a number of apps and online video links that can provide small 'routines' you can follow to guide your activity. It's not intended to be strenuous or overtly taxing, but more of a means to allow for some stretching and necessary blood circulation that comes from prolonged sitting.

3. Early mornings/late afternoons

With the increased daylight found in the morning and afternoon/evenings, educators have resorted to getting in walks before and after the end of the workday. This will, I'm sure, sound awfully familiar but in the midst of a pandemic, this arguably remains one of the most accessible and beneficial wellness activities we can engage in. Partner up

with a professional peer/colleague, family member or friend and establish a walking regime before or after work. This also helps establish healthier boundaries around work/life separation by establishing a ritual of beginning or ending your work day.

4. Hydrate

We all know the benefits of hydration and the effect it has on our physical, cognitive and emotional well-being. With the weather beginning to change and become warmer, it's important we pay extra attention to our daily fluid intake, particularly during the work hours. Challenge yourself to improve your daily water intake during school hours. Make a water bottle your daily companion as you navigate the busy May month. Many educators are surprised how much energy and clarity they gain from this simple wellness activity.

We are closing in on the end of a very challenging year. Keep your wellness goals a priority, but don't get discouraged if you aren't always consistent. We are all asking a lot of ourselves right now, be kind and reasonable with yourself as we wrap this unprecedented school year!

Please reach out to the [BCPVPA EIP Program](#) should you seek support and guidance around remaining professionally well during this challenging time.

With great respect and admiration,

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