



School Wellness Newsletter

Issue
29

Put Your Teacher Wellness Plan Into Action

The good news about stress management is that the little things count.

A teacher's first year begins with much energy and enthusiasm. They are doing what they dreamed of doing for so long-teaching. However, part way through the year they start to have anxiety attacks, and feeling a little like I'm tired. Their roles of a teacher friend, disciplinarian, coach, tutor, counselor and at time fund raiser have resulted in physical and emotional exhaustion.

In another school, two teachers sit in the staff lounge, and one asks the other, "How their year is going". The other pauses and say's in a tired voice "Only 7 more years until I retire".

Mediation, positive thinking, positive visualization, listening to music, taking time out, regular physical activity, are all things teachers can do to manage their stress levels.

November's Recipe for Thought



Pumpkin Frozen Yogurt

- 1 (15 ounce) can pumpkin puree
- 1 ½ cups low-fat plain Greek-style yogurt
- ½ cup maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves

In a large bowl, mix together the pumpkin, yogurt, maple syrup, and cloves until smooth. Refrigerate the mixture until thoroughly chilled; freeze. Pack the frozen yogurt into a sealed container, and freeze until serving time.