

HAPPY HOLIDAYS

All stakeholders create a culture of learning so that students come first.

The Christmas season is upon us and with it brings joy, celebration, family gatherings, work functions and.....STRESS! Christmas often brings an elevated level of stress into our lives and it is important to recognize this. The following list includes tips on reducing your stress and suggestions for enjoying the holidays:

- Set realistic expectations. Don't expect everything to go perfectly as planned. Plan for changes in your schedule and go with the flow.
- Ask for help when you need it.
- Don't plan too many activities, outings that you can't manage.
- Know when to say no.
- Leave work at work and enjoy your time off.
- Share your favourite holiday traditions with co-workers.
- Share your favourite meal, baking and holiday drink recipes with others.
- Spend time with family. Invite a friend that you know might be lonely / struggling.
- Use your coping strategies. Allow emotions (stressful and negative) to be present, acknowledge them and move forward. Find what works for you exercise, hobbies, yoga, mindfulness, reading a good book, etc.

SURVIVE AND THRIVE TEACHER WELLBEING

Your own wellbeing is just as important to focus on than the wellbeing of your family members, students and others in your life. Click on the title above to direct you to a Teacher Wellbeing website with resources specific to teacher mental health, and managing work/ life balance to name a few. You'll also find a link to "Teacher Wellbeing Managing Stress" Board on PINTEREST!



Click on the link to watch a video on [How to Prevent Common Christmas Disasters](#)

On behalf of your
Mental Health
Leader, and the
Board Offices we wish all of
you a



VERY
MERRY CHRISTMAS!

P4P Planning Network <http://www.planningnetwork.ca/en-ca>

Check out the link above to find the P4P Planning Network, a website for empowering families with free planning resources. Links include planning for the future; work, roles and contribution; relationships and community; federal and provincial supports; and legal and financial planning. (Submission from SO of Spec Ed)

If you feel alone, stressed, overwhelmed, frustrated or are struggling over the holidays, plan ahead and write out a list of those you can reach out to.

Support is available 24 hours a day, 7 days a week by calling:

Crisis Response Services 1-866-888-8988

Kids Help Line 1-800-668-6868