



Teacher Wellness: Simple Strategies for Healthy Living and Weight Maintenance

Teaching is rewarding – but it's also fast paced and demanding. Long days, limited breaks, and the emotional load of supporting students can make it hard to prioritize your own well-being. The good news: small, consistent choices can help you maintain energy, support a healthy weight, and feel your best throughout the school year.

Healthy Living during a Busy School Day

Fuel up Smartly

It's easy to skip meals or grab quick snacks between classes, but steady energy comes from balanced eating. Keep nutritious options on hand – fruit, yogurt, nuts, whole grain crackers – and aim for regular meals that include protein, vegetables, and whole grains. Staying hydrated throughout the day also boosts focus and mood.

Move a Little, Move Often

You don't need a gym to stay active. Short bursts of movement add up: a brisk walk during prep time, stretching between classes, or a few minutes of stair climbing can increase energy and reduce stress. Even 10 minutes makes a difference.

Protect your sleep

Consistent sleep supports memory, patience, and emotional resilience – core ingredients for teaching. Establish a bedtime routine and try to set a limit on evening work to protect your rest.

Sustainable Weight Maintenance

Maintaining healthy weight is more about consistency than perfection.

- Choose balanced meals rather than skipping and then overeating.
- Practice mindful eating – slowing down helps you notice hunger and fullness cues.
- Incorporate low-impact activity like walking, yoga, or home workouts that fit your schedule.
- Manage stress with breathing exercises, quick mindfulness breaks, or journaling.

Wellness Highlights for the School Year

- Build small, lasting habits: Keep a water bottle in your classroom, prep snacks on Sunday, or set reminders to stretch.
- Strengthen emotional well-being: Connect with supportive colleagues, set realistic expectations for yourself, and take short breaks to reset.
- Maintain work-life balance: Block off personal time during the week and make space for hobbies.

Make the Most of your Employee and Family Assistance Program (EFAP)

Your EFAP provides confidential support designed to help you maintain your health – physically, mentally, and emotionally.

Counselling Services

EFAP offers short-term counselling for a variety of concerns, including:

- Weight management
- Smoking cessation
- General health concerns
- Family or relationship challenges

The counselling is designed to provide support and understanding, help build coping skills, and teach ways to effectively manage issues and problems. Please visit www.nstuinsurance.ca for a complete list of counselling services.

Lifestyle & Specialty Coaching

Your EFAP also includes personalized coaching services such as:

- Nutritional coaching
- Smoking cessation
- Jumpstart your wellness
- Stress solutions

Lifestyle and Specialty Coaching Services are designed to allow you to take a proactive approach to everyday challenges and life transitions with information and coaching from experts in their field. Please visit www.nstuinsurance.ca for a complete list of lifestyle and specialty coaching services.

Online Resources

- Health Risk Assessment - accessible at any time via the online mental health platform and mobile app, addressing four specific dimensions of emotional health: work-life balance, anxiety, depression and stress.
- Online Health and Wellness Library - contains a continually updated collection of articles, videos and podcasts and other resources written by qualified experts in their subject field. Topics include stress, anger management, family issues, health and wellness, and current public concerns.
- E-Courses - offer instant access to online learning developed by psychologists and e-learning experts, targeting potential issues, such as stress, mood, alcohol use, relationships, resilience, money matters and workplace issues.

For additional help and support, the following programs and services offered through the NSTU Group Insurance and Member Assistance Program (MAP) are available:

NSTU Member Assistance Program	Contact Information
NSTU Counselling Services	(902) 477-5621 1-800-565-6788
Employee and Family Assistance Program	1-877-955-6788 www.homeweb.ca
<u>Total Care Medical Plan</u> Psychologist Services - 80% of the usual and customary charges to a maximum of 20 visits per year. Paramedical services – 80% of the usual and customary charges per treatment and a maximum of 20 visits per calendar year for the services of a naturopath, acupuncturist, osteopath, chiropractor, speech therapist, podiatrist/chiropodist, or occupational therapist. The services of a registered massage therapist will be covered at 80% of the usual and customary charges to a maximum of 20 visits per year (August – July).	belairdirect (902) 453-9543 or 1-800-453-9543 (toll-free) Email: GroupBenefitsNS@belairdirect.com

We trust the information outlined above is helpful. Please don't forget to visit our website at www.nstuinsurance.ca or scan the QR code to review the many benefits and programs available to you through the NSTU Group Insurance Plan.

