



For many members March Break is often a time to travel, whether it be a family vacation to Walt Disney World or an all-inclusive vacation to a sunny destination to escape the cold Canadian winter.

Although this March Break was quite different this year as a result of the global COVID-19 pandemic, the NSTU Group Insurance Trustees hope you all were able to practice some form of self-care. It's important for that self-care to continue to help you get through the rest of this challenging school year.

Having a good self-care regimen means that you perform deliberate actions to help you feel your best. It means that you are in tune with the physical, emotional, social, personal, spiritual, security, financial and work aspects of your life. You work to find balance in each of these areas because you recognize it as part of your responsibility to live your best life.

Practicing self-care will mean different things to different people, however, a good self-care practice consists of the four simple things:

- **Getting enough sleep** – Aim for between 7-8 hours at night. Rest is essential to reset our brains and going to sleep is like a deep cleaning. Physiologically and mentally, it can work wonders.
- **Eating well** – Get inspired to add more healthy foods to your diet and reduce consumption of things that do not nourish your body. Having a special meal or favorite food is great, in moderation.
- **Making time to lead an active lifestyle** – The least expensive way to exercise is to go for a walk. You don't need any costly equipment or memberships. You can head out the door, get some fresh air, take the dog around the block and enjoy the beauty of nature. Plan for at least 30 minutes of exercise each day as part of a good self-care practice.
- **Being present and enjoying the silence** – We're often convinced that if we aren't doing something, we're wasting time. In fact, being present in the moment with stillness and silence is something we all need. Plan for at least 15 minutes a day to meditate, bird watch, or even just sit and listen to your breath.

Ultimately you need to apply the self-care strategies that will work best for you, whether that is a spa day, star gazing, cooking, listening to or playing music, massage therapy, painting, reading, or watching your favorite TV show. You are practicing self-care as long as the choices you make help to recharge your sense of self and wellbeing.

Your NSTU Group Insurance Trustees hope that you find this information helpful and that you make self-care a priority. Take care and stay safe!