

# Nourishing our Whole-Selves

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With March being *Nutrition Month*, this edition of the *Well Teacher* will discuss some ways we can seek to nourish the parts of ourselves that are in need of extra support and care, especially during challenging times.

For our *Physical Wellness*, there are a variety of resources available across a wide range of formats. From physical spaces to online videos and programs, access to equipment to support our physical health goals is abundant. However, the cost of nutritious food, can be a barrier in meeting this goal for ourselves. Practices such as meal planning, portion containers, and food prep groups at your workplace can help to mitigate challenges.

### **Emotional and Mental**

**Wellness:** Yoga, mindfulness and self-compassion can be key components of supporting our emotional and mental well-being. There is an increasing number of resources available to support your goals in this area from podcasts, audiobooks, workbooks and literature, to yoga studios and many others, in an ever-growing field.

**Social Wellness:** Just as we often hear about how having a workout 'buddy' can support us to achieve our goals from an accountability perspective, why not apply this to our wellness? What if we adopted the idea of having *wellness buddies*? There are several ways we could accomplish this idea—wellness book clubs, walking clubs, clubs focused around a favourite activity and more. Social connectedness can help combat loneliness, and it is an important factor in wellness. Research tells us that connectedness and belonging is a need that is as important as food and shelter. Forming and nurturing connections is essential to

nourish our social selves. Supporting our own goals and those of our wellness buddies can be a step in the right direction of whole-self nutrition. In fact, offering our time and energy to supporting one another is a widely-used and promoted strategy for

music, and/or customs for dress, regalia and/or other elements of celebration and recognition, our cultural wellness is a cornerstone of our identity and can shape how we see our wellness journey moving forward. Sharing these pieces of ourselves with others can also enhance our wellness goals. Learning about traditions that are new can enrich our ways of being, knowing and doing.



moving through and overcoming mental health challenges.

**Spiritual Wellness:** Spiritual wellness can take many different forms and, like many pieces of the puzzle in nourishing the whole self, it is a very individual piece. Faith and belief in a higher power have been shown to be incredible tools in living with and recovering from physical illness. Gatherings that serve as a part of an individual's faith can also support the other aspects of wellness mentioned here.

**Cultural and Traditional Wellness:** As mentioned previously, a sense of belonging can be incredibly impactful in supporting our personal nourishment. Whether our traditions invite physical gatherings, food,

Whichever piece(s) of your wellness puzzle are currently in need of support, there can be a wide variety of resources to support your goals. Two further resources that you may find useful are:

[Action For Happiness](#) contains monthly-themed calendars with an action each day in numerous languages, [The Teacher Wellness Center](#) offers resources, exercises and community support in your journey to wellbeing.

## CONGRATULATIONS TO OUR January/FEBRUARY BOOK WINNERS!

WELL TEACHER (French)  
Kerry Doucette — CCRCE

WELL TEACHER (English)  
Lesley Taylor — SSRCE