

Wellness by Example: A Challenge to Model Self-Care in Teaching

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May is Mental Health Awareness month, and your Professional Learning team wanted to share ideas of how you can weave wellness into your professional practice, not only for your own well-being but to inspire and model healthy self-care practices for our colleagues and students.

The first suggestion is to get together with one or more colleagues to form a buddy system. This can help you support one another by setting goals, maintaining habits and getting back on the proverbial horse when needed.

As inspiration for possible ideas, check out this month's [Action for Happiness calendar](#). *Action For Happiness* offers a calendar in several different languages with a different theme for each month and prompts for each day that connect to the overall theme. You can integrate these prompts directly into your Microsoft Outlook calendar.

Looking at the prompts, which are you curious about? Which

are you looking forward to trying? Which ones would be most challenging?

Speaking of challenges, let's try one.

For every post that we get from our followers on Instagram and Facebook with a photo or video that represents you engaging with these prompts and a link to how they are accompanying your professional practice, you will be entered into a prize draw for one of 3 Indigo gift cards! **These photos do not have to include your face, but need to tag @nstuappl or #nstuappl and #may25applwellnesschallenge.** We are looking forward to seeing how many of you are up to trying these ideas.

From your ideas, we will compile a list of best practices and share them in the June edition of *The Teacher*.

To help you keep track of your progress, this month's giveaway can be used to augment your well-being practice!

