



With the busy holiday season fast approaching, the NSTU Group Insurance Trustees would like to take this opportunity to wish you all the best of the holiday season! We recognize that this can be a difficult time for some teachers with the pressure of looming classroom deadlines, preparing for student Christmas concerts / parties, and all of the other personal and professional obligations that come at this time of the year. Let's face it, the holidays can be stressful, and there may not be a more important time to ensure that you are practicing some form of self-care and not taking on more than you can handle. Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and well-being. For more information on why self-care matters and to build your own self-care plan, please refer to the Self-Care Starter Kit on the new NSTU Group Insurance Trust microsite at www.nstuinsurance.ca/members/active/resilience/ and under "Resources", click "Self-Care Starter Kit". Looking after yourself is an important part of living a happy and healthy life!

2020 Winter Wellness Challenge!!

The NSTU Group Insurance Trustees are pleased to announce the upcoming **Winter Wellness Challenge** which will run from **Friday, January 31, 2020 to Friday March 6, 2020!**

Practicing wellness means different things to different people and the purpose is to challenge yourself with activities that promote the different areas of wellness, including, but not limited to, intellectual, physical, nutritional, psychological and social / community wellness. This can help you identify both your strengths and the areas in need of improvement to help you reduce stress and develop healthy lifestyle habits.

Frequently Asked Questions:

How does the challenge work?

You collect points for the activities you participate in and your total wellness score is calculated based on your daily activities, weekly bonus activities, as well as your participation on the challenge website. This challenge provides a great opportunity to join or create a team to motivate each other and challenge other teams by competing for the highest wellness score. You can also simply challenge yourself and try to achieve your personal best score. For more information, visit the new NSTU Trustee microsite at www.nstuinsurance.ca/wellness-challenge/ or www.healthycommunity.ca/lifestyles/

NSTUChallenge for wellness activities and to collect your points.

Is there a deadline to register for the challenge?

Yes, registration for the challenge runs from **Friday January 17, 2020 to Thursday January 30, 2020.**

Why should I participate in the challenge?

Participating in wellness activities has shown to improve productivity both at work and at home, with participants reporting feeling happier and better able to adapt to changes in their everyday lives. Other benefits include weight loss, improved physical and mental fitness and a sense of accomplishment knowing that you have taken steps to improve your health. As a bonus, challenge participants will have the opportunity to earn some great prizes!

If you are interested in the challenge, but not sure what to expect, consider the following testimonials from past challenge participants:

"This challenge gave me an opportunity to change some things about myself to make me a better person, and it was long enough that it established a routine for me to continue my good habits."

"I always thought a healthy lifestyle meant diet and exercise. I love that this encourages other areas in my life as well, such as intellectual, community, etc."

Let the Winter Wellness Challenge be your springboard to better health in 2020!