

# THE WELL TEACHER

## New book provides teachers with everything they need to know to be well and stay well in the classroom

by Wade Repta, BHSc OT

As an occupational therapist and vice president of humanworks consulting group inc., I have been working to support teachers in all aspects of their wellness for two decades. During that time, I have seen first-hand how teaching, and the stressors that come with the job, can affect teachers' wellness and their ability to manage in the classroom. I have also seen that teaching is getting harder, not easier; and, teachers, by nature, tend to be more deeply committed to their jobs than most. So much so that teachers often become so focused on the needs of their students and their schools that they do not take their own health and wellness into consideration – not just on a day to day basis, but ever. All of this means that when faced with health and wellness challenges, such as an injury, illness, or disability, teachers can end up in cycles of stress, burnout, pain, fatigue, or professional dissatisfaction – cycles that can be difficult to get out of.

I have dedicated my career to helping teachers feel supported, access resources, and improve overall wellness. Over the past two decades I have had countless teachers say to me, "Why didn't I know this before?", or "I wish this information existed somewhere." These kinds of statements are what ultimately inspired me to write *The Well Teacher*. In the book, I, along with my wife, Andrée Repta, and my colleagues at humanworks, have put together all the knowledge and information we have gathered through our collective experience working with teachers on a day-to-day basis. This information represents the most comprehensive teacher wellness-related resource available today. Truly, nothing like it exists elsewhere.

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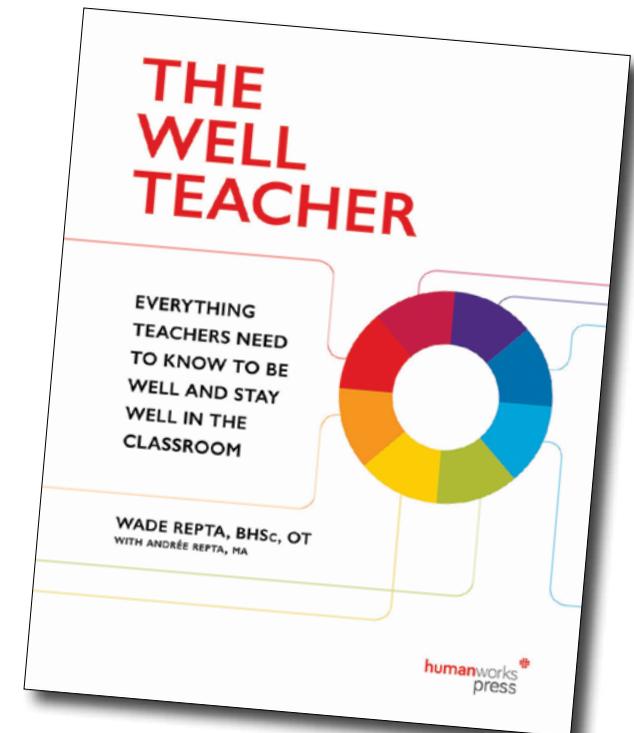
*The Well Teacher* is made up of seven chapters, covering all aspects of teacher wellness – general wellness, physical health, mental health, ergonomics, voice health, multiple chemical sensitivities, and return to work. The goal of the book is to provide teachers with the most up-to-date, teacher-specific information available, to help teachers understand and address their various wellness needs by equipping them with practical tools to set goals, make positive changes, and access resources. *The Well Teacher* is also designed to help all teachers be more resilient within their roles with proactive wellness strategies. Whether teachers are feeling well or struggling with their health, *The Well Teacher* is meant to be a guide and companion throughout the entire length of your teaching careers.

Teachers today are expected to do more with less, act as leaders, and manage increasingly demanding roles while at the same time balancing out their own personal lives and life stressors. We published *The Well Teacher* to give teachers the opportunity to think about themselves and their own needs, make realistic plans for improved wellness, and have success in the classroom.

To learn more about *The Well Teacher*, visit: [www.humanworkspress.com](http://www.humanworkspress.com)

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The Well Teacher is on sale for \$35.00 (reg. \$39.95) until June 15. Free shipping is provided for delivery to the NSTU Central Office. For further information email [theteacher@nstu.ca](mailto:theteacher@nstu.ca).

*The Teacher* has a copy of *The Well Teacher* to giveaway.

Email your name, home address, and the name of your school with **WELL TEACHER** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by **June 4, 2019** to be eligible for the draw.