

RIELITY CHECK *SPECIAL EDITION* MENTAL HEALTH AND WELLNESS



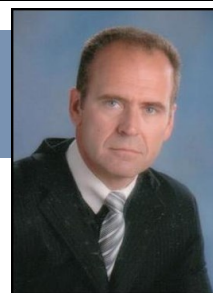
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JANUARY 2019

TAKE CARE OF YOURSELF

President's Message ~ Frank Restall

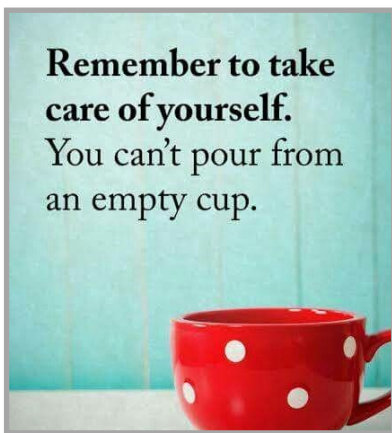
Welcome back! I hope you had a wonderful break and enjoyed special time with family and friends. As well, I trust that you were able to take time for yourself, reflect upon the year that just passed and plan for the year upon which we are now embarking.



At the end of each Rielity Check's President's Message, I sign off with "Take care of yourself and take care of each other". I do this as a reminder to members about the importance of both personal and collegial wellness. As educators, the expectations can, at times, seem overwhelming. In this day and age, taking care of yourself and supporting one another is not just wishful thinking, but actually, a necessity.

**Remember to take
care of yourself.**

You can't pour from
an empty cup.



To reinforce the Association's commitment to members and their well-being, your Association is publishing this Wellness edition of the Rielity Check and distributing it to each and every LRTA member to start the new year. Inside, you will find important information, articles and contacts to promote personal and professional wellness and well-being now and into the future.

In the near future, I am pleased to share that MTS will be launching Life Speak on March 1. Life Speak will feature 240 English and 240 French online vignettes featuring experts on a number of topics such as anxiety, diabetes, financial health, physical health, etc. These vignettes will be available 24/7 to all MTS members and their families.

Finally, I wish each of you the very best in the year to come. Hopefully your resolutions will only grow stronger as the days grow longer. As always, take care of yourself and take care of each other!

TEACHER CULTURE

Angela Haig, Ph.D., C. Psych ~ Manitoba Teachers' Society

Long ago, when I began my new position at the Educator Assistance Program, I thought I was well prepared for working with teachers. I thought I knew what teachers were all about. I was so wrong. I had no idea that teachers had their own subculture where the rules were often unspoken but firmly adhered to. Like an anthropologist, I have paid careful attention to the customs of this culture. I'd like to share what I have observed about teacher culture from the outside looking in.

I have learned that teaching is not for the faint of heart. It takes consummate social skills, empathy, organization, and lots of energy, among other things. Teachers are "on", often without a break, for their entire workday. They have to teach curricula to an increasingly complex classroom. They sit on various committees and run extra-curricular activities for the kids. They are expected to be available to parents to discuss a child's learning challenges whenever a parent happens to drop by. They must cope with difficult issues of behaviour management. When the day in the classroom is over, teachers often have marking or lesson planning to do at home.

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Teachers work when they are sick because it is easier than planning for a sub. Teachers love their students. Teachers are consistently asked to do more with less. Teaching gets more difficult every year. To say that teaching is a challenging job would be an outrageous understatement, yet teachers continue to do it because having a positive impact on a child's life is phenomenally important and satisfying work.

Teachers cope with these demands by being tough and no nonsense. People tend to think of firefighters or cowboys as the strong ones, but teachers are every bit as tough as those guys, and are less recognized for it. When teachers feel overwhelmed, they typically hunker down and work more. They don't have the time to think about the most efficient way to get things done. They may realize that to do their jobs as they would like to, they would have to clone themselves. They may chuckle about this (with a hint of hysteria in the staff lounge). They never want to admit that sometimes it is too much, because in teacher culture that is seen as failure, and evidence of incompetence. They are loath to admit that they might need support from time to time. Instead, they blame themselves, put their heads down, and strive to do better. By June, many teachers are crawling to the finish line.

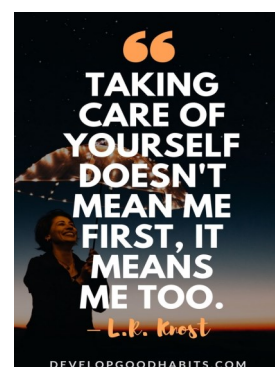
In teacher culture, saying no is rude behaviour, and basic self-care is selfishness. Teachers care about kids. They want to make a difference in their lives. Often, that means teachers have difficulty saying "no". When there is always something more to do for kids, teachers have difficulty drawing the line and saying, "no, I need to look after myself". Instead, they keep plugging along despite various symptoms of stress, and strive to get it all done.

In teacher culture, the needs of the children always come first. While I believe this is good and necessary much of the time, it cannot always be true, because it is unsustainable. Teachers that never put themselves first are teachers that crash and burn.

In this extremely demanding work environment, you need to be an expert in looking after yourself. Not many people are experts in self-care. For teachers, being pretty good at looking after yourself simply isn't good enough. It is a recipe for burnout. The pressures of teaching are too great.

The healthiest teachers, who have long and satisfying careers, know that:

- Looking after yourself is not selfish
- It is impossible to do everything
- It is OK to ask for help
- Boundaries are healthy, and saying no does not make you a bad person
- Saying no to some things is necessary in order to say yes to other things
- Teachers (not just students) are allowed to have a learning curve
- Perfection is impossible, and is not a healthy pursuit
- Pushing yourself too hard for too long will result in physical or mental illness
- You can have a greater impact on children if you are healthy.



So what have I learned? Teachers are tough, committed, caring, energetic, skilled people who work within a culture that discourages looking after oneself. They are often far better at looking after other people than themselves.

But cultures can change, and teacher culture needs to shift to include the understanding that when we look after ourselves, we are better able to look after others.

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YOU NEED TO KNOW

Dr. Duane Brothers

"You need to know that part of being strong and tough is having the courage to seek help when you need it."

Prince Harry, the Duke of Sussex

For those who worked closely with me or observed me, you probably made a correct conclusion that I have only recently come to admit. I may have a doctorate and have been a superintendent of a large organization, I have great kids and a wonderful family. But I also have also recently experienced deep depression.

Rabbi Levinson from New York talked about the 'tyranny of the dream' that affects many middle-aged people (I am 'north' of middle age!). You imagine what your life will be: perfect marriage, lots of children by the time you are forty. I have a great family, but I, like so many of us, have had heartbreaks. Moreover, my wonderful father lived with Alzheimer's for ten years before going to heaven in October 2017. Dealing with his condition over ten years with the disease, and its impact on my mother and the rest of my family was incredibly painful.

Questions that visited me daily and through the nights included:

- Could I have done things better?
- Did I visit enough?
- Was I good enough support to my mother and my family?

Then there was the compounding nature of physical pain. I had major back surgery in the fall of 2016 and the anxiety about not being able to do my job resulted in me returning to my duties within two months.

That was a mistake.

The continued physical and psychological pain was heavy. Then with the passing of my father, depression and social anxiety became extreme.

I would not wish those conditions upon anyone.

Depression becomes a spiral. Deep sadness, then significant social anxiety as I wondered what people were thinking about me. I realized that I was no longer the great superintendent that I expected myself to be. Winston Churchill called his depression the 'black dog' and that was accurate. It is not that I have wanted to stay in bed, I wanted to be under the bed. I could not focus, at times I could not do the simplest of tasks like using the TV remote. I completely lost my appetite and lost 25 pounds. And I knew it, which took me even lower.

I had been a type A tough guy who masked my depression.

To become well, I had to face my reality. Depression is an ailment of the mind and something you cannot just fight through as I used to believe. To get better starts with reaching out to friends and family. To get better means exercise and eating properly. It means getting back to faith, even if you are angry. To get better means getting medical attention. To get better means accepting the very real fact that you have had an illness that is just as real as a slipped disk in your back.

I am back to being healthy, but if my sharing helps other adults and students, I am willing to do so.

I applaud the leadership provided through the Bell 'Let's Talk' campaign. The people who are involved in the program are correct when they say 1 in 5 Canadians will have an episode of mental illness and 100% of Canadians are impacted by the mental illness of a loved one around them.

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You Need to Know (continued)

I had depression and I was the superintendent of the Louis Riel School Division. Many principals, teachers, staff, parents, and yes, our students have experienced, or are currently experiencing depression. The people who work with or live with people who experience this invisible affliction are impacted as well. Let's be honest, a period of mental disability will have an impact on all of us.

I accept that I had depression. I sought out help and stopped hiding. I am back to smiling and total health.

I hope this helps some of you or you can share this with others who have struggled or are struggling. There is light at the end of the tunnel!

I retired from LRSD effective December 31st, 2018. I am enjoying time to look at the sky, read, hang out with family and friends, learning to laugh again. Then I will be back to serve in a different capacity, I have lots more to give!

We can do better with mental illness!



If there is anything people can do because of reading this is to consider the following suggestions from the Bell MTS 'Let's Talk' program:

Language matters – pay attention to the words you use about mental illness
This is a very common ailment.

Educate yourself – learn, know and talk more, understand the signs
Around every one of us are people quietly suffering.

Be kind – small acts of kindness speak a lot
Reach out, have coffee, lunch, be caring.

Listen and ask – sometimes it's best to just listen Many who deal with depression are embarrassed, I was. *Please be a person who will be supportive.*

Talk about it – start a dialogue, break the silence. *One in five Canadians deal with this. 100% of Canadians have people who are close to them who deal with an episode of mental illness.*

OTHER WEBSITES

[Prince Harry Delivers Powerful Speech On Seeking Mental Health Help](#)

[Bell Let's Talk](#)

TAKE IT OFF. WHAT NEEDS PRUNING ON YOUR TREE?

Sylvia Marusyk, Sylvia! MindBody Works www.stressedtokill.me

For you avid gardeners out there, you understand the necessity of pruning trees and shrubs, taking off the dead wood to get the greatest beauty in your yard or garden. For certain species and in certain climates, there is a right time and a wrong time to remove dead wood from a tree. Often times I have wondered, if the tree could speak, would it be pleased with the pruning or would it be fearful and beg to be left alone? It is truly the best thing for the tree in order for it to live into its potential.

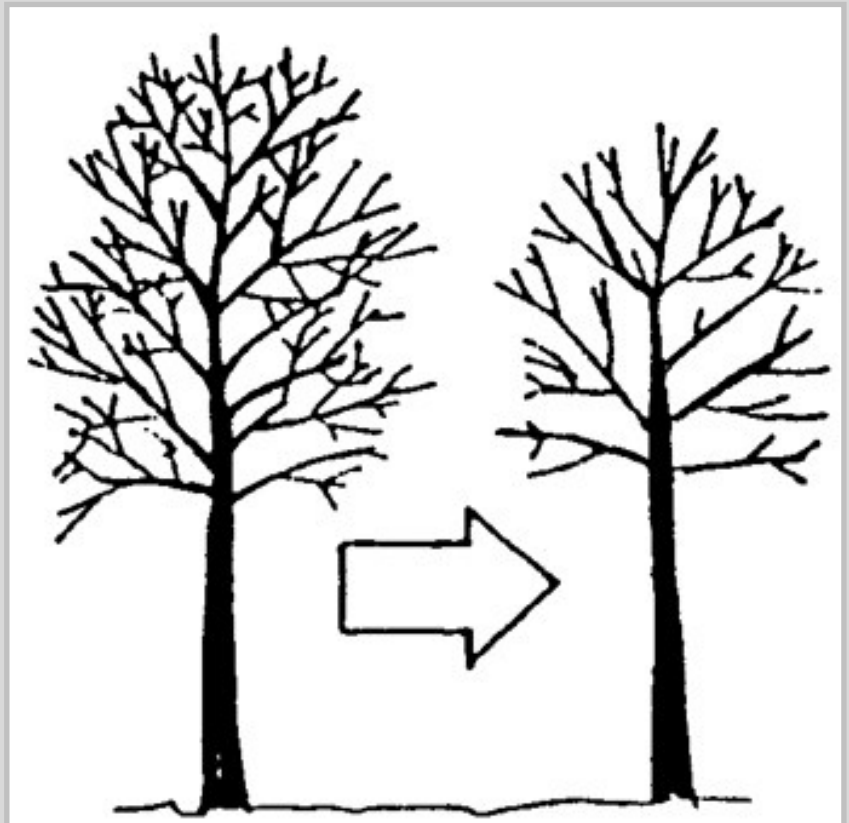
In life we all experience seasons or times when dead wood needs to be removed from our tree of life. Most often we can't fathom pruning it ourselves. The branches may be dead but they're ours, they're familiar, they are safe. They may be ugly parts of our lives, they may be useless, they may actually be making us sick. But the fear of taking off these parts may keep our tree intact as more and more of it slowly dies off. And then sometimes life does the pruning for us in the form of what we consider to be loss. Later in life we often experience these things as life changing events that lead us to something better.

What needs pruning on your tree? Are there relationships that are harmful, damaging or outright dangerous? Do you have one that needs to be taken off your tree of life? Or perhaps it's the job you do that sucks the life out of you? Can you find your joy and passion there, or does that need trimming? Is it your home? If you live with clutter you may feel psychologically cluttered up and choked. Do you need to remove that from your tree of life? Perhaps it's your self sabotaging negative talk. You know what I mean, the "you are stupid" or "you are fat" comments. Are you prepared to get rid of that to watch your tree of life thrive?

We are not here to live a life of struggle, sadness, misery, fear. If that's where you are in your life, can you believe that you can change this? Are you ready to take off the dead wood that is holding you back from becoming everything you can be?

Now sometimes removal of a branch isn't required, just a little trimming. Perhaps there is a relationship that doesn't need removal, but needs a little trimming, a little working together to create something more beautiful. Have the courage to love yourself enough to know you deserve this!

Take off the dead wood and watch your life unfold more beautifully than you could have imagined!



Originally published in the October/November 2018 Balance Magazine.

MENTAL HEALTH AWARENESS: SUPPORTING A CO-WORKER

Shannon Gander www.lifeworkwellness.ca

In the March issue of Balance magazine (MTS), I addressed the question of, “what can I do to protect my mental health and avoid burn out?” On the heels of mental health awareness week in May, it seems fitting to share another question I am asked by audience participants, “how do I support my co-worker if they are experiencing mental health concerns or mental illness?” I love that people are asking this question and it’s understandable if you don’t feel confident on this topic. Over time, my hope is that we all become increasingly comfortable with these types of questions and conversations.

Whether I am training leaders or staff, where I find individuals get stuck is in knowing what the exact “right” thing to say when someone opens up about their mental health or discloses they are experiencing a mental illness. There is often fear that you could harm someone by saying the wrong thing and therefore may find yourself changing the subject or avoiding the person altogether, which maintains mental health stigma in our culture. If you have not had your own experience of mental illness, you can’t know what this feels like and can’t expect yourself to know. That’s perfectly okay. What you can do is maintain your awareness on the difference between lack of understanding and judgment.

If, when someone opens up, you are able to shift into listening posture, maintain non-judgment and engage your compassion – this person will more than likely feel supported by you. In my experience, most people don’t want you to “do” anything other than not treat them differently for opening up to you. It is always a good idea to ask the person if they have supports. If this is not the case, you can direct them to your Employee Assistance Program (which is quickly accessible and confidential) or in the case of an urgent situation, Klinik crisis line 1-888-322-3019.



Brene Brown, the shame researcher has a wonderful short video that I show participants (you may want to have a look: <https://www.youtube.com/watch?v=vzvYm2DNzS0>). It is a great demonstration of empathic listening, shows its simplicity and in her true fashion, Brene does this with humour and grace. Her take home message is this: “if I share something with you that is very difficult, I would rather you say... “I don’t even know what to say right now, I am just glad that you told me”.

In my observation, if, as a listener you quickly move to a place of judgment – pay attention to this. Sometimes this is due to a lack of understanding and can be in part a fear of how to respond. I have also witnessed this as a response that comes from feeling a bit burnt out oneself. Our nervous system when overloaded can trigger worry and self-focus such as, “what does this mean for me? Do I have the energy to be a support or could this mean more work for me?” If this sounds familiar, this may be a signal for you to explore what’s going on for you. When we are in a good place, rarely do we respond to someone else’s situation with overwhelmingness and/or judgment. Your self-awareness is key to your well-being and to those around you.

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The most important thing that we can do for friends and co-workers is to reduce the stigma that surrounds our mental health. To support you further, I have adapted some information from the Mental Health Commission of Canada and the Canadian Mental Health Association, on best practice in supporting a co-worker:

1. Practice compassion

This means being kind, suspending judgment and recognizing the common humanity of our mental health - it is fluid over our lifetime. Today, your co-worker may be struggling, tomorrow it may be your friend, and next month, this could be you. That's how mental health is, it can change for better or for worse depending on the stress in our lives, the amount of support that we have and the additional life events that are thrown our way. Compassion is a fundamental human right for all.

2. Suspend assumptions

There are a lot of myths and assumptions that people make when it comes to mental health and mental illness. I am often educating people on the traits that they assume 'belong' to someone experiencing mental health concerns (weak, lazy, unmotivated, etc). We can all have times in our lives when we may not be able to contribute to the level that we usually would like to. This is human nature and depends very much on how we are doing at the time. This can absolutely be about our mental health, however, is not a statement of character.

3. Be open to learning

The saying "knowledge is power" is so true. No one can truly understand what it is like to have a panic attack or a bout of depression if this is not their personal experience. The goal is not to pretend that you know or be an expert. You can, however, learn (which, personally, I think is good for everyone) but particularly important if someone close to you is having a difficult time or has been diagnosed with mental illness. Even though this person may not feel up to talking openly, they will care that you cared enough to learn more.

4. Be supportive without taking on the role of counselor

Support can look like checking in with your co-worker, "hey, how are you?" If they are struggling and share something with you, your best role is to just listen with empathy. This means acknowledging without expectation to fix or take on the situation in a way that is not helpful to you or your colleague. If they are not connected to resources, you can help by directing them and maintaining your role as their peer.

5. Above all - be inclusive

Reducing stigma, without question involves connection and when people are feeling different or that others are judging them, they will very quickly pull away from friends, co-workers and their community. When you say 'good morning', say it to everyone. When you are going for coffee, ask who wants to come along. When you wish people a 'great night', say it to all. Our greatest need is to belong; we can all have a positive impact on that.

Shannon Gander is a Mental Health and Resiliency Specialist and Director of Life Work Wellness. She is a trained counselor, mediator and has a background in corporate health and wellness. Shannon is passionate about teaching people skills for increasing their resilience to stress, reducing mental health stigma and in helping each person see their role in organizational wellness and healthy workplace culture. When she is not delivering workshops or training, she works as a counselor at a local community health clinic in downtown Winnipeg.

Originally published in the June 2018 Balance Magazine

HOW TO SAY NO AND FEEL HAPPY

Lynn A. Robinson, M.Ed

It's happened again! Your brain said "No" and your mouth said "Yes." You managed to volunteer to (fill in the blank) at your son's school bake sale fund-raiser. Or to go out to dinner with the neighbors that you find really draining. Or to agree to work overtime for your disorganized boss for the third weekend in a row.

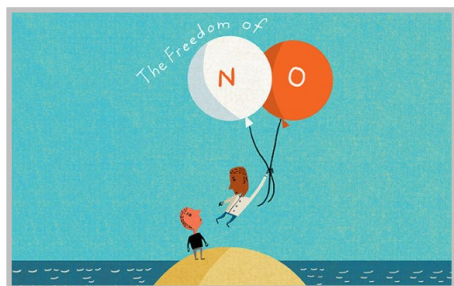
You're feeling drained, resentful and bitter and see no end to the ceaseless expectations that others have of you. How do you regain control of yourself and your life? How do you begin to say "no" and feel happy about it? Here are six tips to get you started.

1) "Let Me Think About This and Get Back to You"

Write this statement on post-it notes and paste it on every phone and computer in your home and office. If you don't feel comfortable saying an immediate "no" to a request for your help, this declaration allows a little time to think about the demand for your time and assistance. Check in with yourself and see if it's something you really want to do. If you decide against it, you'll have enough time to come up with a graceful way out of the commitment.

2) Pay Attention to Your Intuition

When you feel drained, bored or enervated by something — a person, a situation, a request for help, an idea — that's your inner guidance indicating you shouldn't move ahead. Conversely, if you feel excited, curious, energized by the request, your intuition is giving you a clear "go ahead." Take time to tune in and get comfortable with your fabulous inner wisdom.



3) Life Balance is Important

You don't have to apologize for setting boundaries and you don't need an excuse. You deserve to feel good. You deserve to have energy and enthusiasm for life. Setting firm boundaries is necessary for your own self-care. It helps you keep your life and priorities in balance. When you say "no" to what you don't want, you leave room for what you do! You're making a commitment to yourself. What are your priorities? Ask yourself if the new commitment is important to you. If it's something you feel strongly about, go for it. If not, gracefully decline.

5) Have Some Helpful Phrases While You're Learning to Say "No"

Think about the situations or people you have a difficult time saying "no" to. Jot them down on a piece of paper. Perhaps it's a church, school or work request. It may be a specific person you feel compelled to please. Be honest! The truth is always the best way to turn down a request for help that doesn't fit your energy, interests or schedule. There are many ways to say no without saying "No." Here are just a few:

- ⇒ "I'm so sorry. I can't."
- ⇒ "I can't do X. But I'm happy to help you with Y."
- ⇒ "I'm going to have to decline."
- ⇒ "I can't commit to this and do a good job."
- ⇒ "I'm sorry. I have other priorities right now."
- ⇒ "It isn't a good time for me to take this on. Thank you for thinking of me, though."
- ⇒ "I'm really overbooked right now. After (date) I'll have much more time available."

6) Watch Your Self-Talk— Diminish the "Shoulds"

So many of us are besieged by what we believe we *should* do versus what we *want* to do. If your life is filled up with too many of those "should" situations, pay attention. What are you saying to yourself? When you catch yourself telling yourself you **SHOULD** do this or that, stop. It's time for a change. Begin to look at who or what gives you energy. What do you look forward to? What do you dread? Give yourself permission to do more of the former and less of the latter.

You owe it to your job, your coworkers, your family and most of all yourself to manage your time and energy in a smart and effective way. So think carefully about your life, and begin saying "Yes" to what makes you feel vital and alive!

Robinson, L. (2013). How to Say NO and Feel Happy. *Psych Central*. Retrieved on December 10, 2018, from <https://blogs.psychcentral.com/divine-intuition/2013/09/how-to-say-no-and-feel-happy/>

A PRACTICAL GUIDE FOR CAREGIVERS: PROACTIVE SELF-CARE

Wendy Sutton, Where Next? A Path for Caregivers wherenxt.blogspot.com

How many times have you heard that the solution to stress is to eat healthier, exercise more and get more sleep? Do you ever feel guilty that this isn't working for you?

Stress and anxiety are symptoms of problems that exist in our daily lives. Nutrition, fitness and rest are all excellent ways of dealing with these symptoms however they won't solve the problems themselves. Problem solving is proactive self-care.

Take charge. Too often we feel we have no control. Become proactive rather than reactive. We may not know what's ahead but we can learn where to find information and services. We can have all the documents in order that give us the authority to support and if necessary act for our parents. We can be assertive. We can insist and persist to get results. We can identify as caregivers and recognize the value of the work we do. We provide 80% of the care for seniors in the community. We save our health care system and government millions of dollars annually. We are entitled to be consulted and included in the care of our parents.

Be a proactive learner. This can be difficult for us. We are teachers. We know stuff. However, in this situation we need to admit that we have no idea what we are going to need to know. We don't even know what questions to ask. The good news is that we are experts at learning and we have resources. Read or reread the caregiving articles in the 2016-2017 Balance magazines.

Although you cannot change your family or any of the other people you will encounter along this journey, you can be proactive about how you communicate with these people. Again, we have strong skills here. We just need some strategies to apply these talents to our own families and to other professionals. Don't be surprised when the input of patients and their families meets resistance in the health care system. Inclusion of families is basic in the work we do. Not always so in other systems. Anticipate resistance and be prepared to handle it. Ask people who work in the system for tips on how to get the best treatment. Of course you will also encounter angels along the way. Keep some thank you cards handy.

MORE TIPS FOR CAREGIVERS

Set a distinctive ringtone on your phone to let you know it's the parents. Set boundaries for non-emergency calls (no later than 9 pm and no calls at work). Have a plan at work that allows you to accept all calls from health professionals and social workers in privacy.

If you are concerned about your parent's health, arrange for a Patient Care Family Conference with the doctor. This is an appointment (up to one hour) to discuss about the care, condition and treatment of patients with serious and complex problems. The patient may or may not be present. See the Manitoba Physicians Manual p. 148 for more details.



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PRACTICAL GUIDE FOR CAREGIVERS (Continued)

Is the doctor reluctant to share information with you because of PHIA? Use the Patient Advocate Agreement from the S.A.F.E To Ask website.

If your parent has been prescribed a blood thinner, you can arrange for the blood tests to be done at home. The fee for this is a tax deductible medical expense. *Note: Antibiotics can have side effects for those on blood thinners.*

Be proactive about your emotional well-being. Reach out for all the help you can get. Find a support group or a counsellor, ask a friend for help, meditate, join a yoga class. You have nothing to lose. You don't have to stick with anything that's not helpful.

Aim for a mind as peaceful as possible in a body as healthy as possible under current circumstances.

Wendy Sutton is the creator of Where Next? A Path for Caregivers. She is a retired teacher from River East Transcona School Division.

Originally published in the June 2018 Balance Magazine

CANADIAN MENTAL HEALTH ASSOCIATION

During CMHA Mental Health Week, let's #GETLOUD about what mental health really is. Every May for the last 66 years, Canadians in communities, schools, workplaces and the House of Commons have rallied around CMHA Mental Health Week.

May 6 –12, 2019 VISIT [Mental Health](http://MentalHealthWeek.ca) for more information



#GetLoud
about what mental health really is.

I MAKE

THE WORLD A

BETTER PLACE.

MENTALHEALTHWEEK.CA



A peer-to-peer community of practice for mindful educators

Talk of 'mindfulness' is everywhere these days. There are mindfulness courses for educators, programs for mindfulness in the classroom, and a host of mindfulness-based programs for health, wellbeing, and stress reduction. Perhaps you've taken an MBSR course or have taken a program that has taught one of a number of mindfulness practices to support physical and mental wellbeing. These are all fantastic options to help teach and strengthen a mindfulness practice.

Yet, it is often the case that those of us who have taken any form of mindfulness-based training tend to carry on with our practice alone. Our busy lives as educators make it very difficult to connect with others who might share a commitment to mindfulness practices. And as we know, practicing alone can make it difficult to sustain our commitment to a regular practice.

It is well understood that if you want to change a behavior, it is tremendously beneficial to seek the support of others who are also invested in the same goal. People who want to quit smoking do well when they share the journey with others who are also quitting. People who want to run their first marathon are far more successful if they train with others who also hope to cross the finish line. The same holds true for trying to adopt a more regular mindfulness practice – joining a supportive community of like-minded practitioners can enhance your personal practice and helps to build a network of ongoing support.

That's what Mindful Mondays is all about. Once a month, on the second Tuesday of the month, LRTA is hosting a session for any teacher wishing to join in a group mindfulness practice. This is, quite simply, a peer to peer community of practice, in which teachers join together in a mindfulness

practice led by a volunteer from the group. All levels of experience are welcome – beginners to experienced practitioners.

Here's what you can expect:

- A very brief introduction to the guiding values of the group
- A 15-20 minute mindfulness practice led by a volunteer from the group
- A 10-15 minute conversation about the specific practice and other mindfulness related news and events
- A total time of approximately 35-45 minutes per session
- An opportunity to meet and network with colleagues who share an interest in mindfulness
- A respectful group setting: a trusting, non-judgmental environment
- An opportunity to volunteer to lead a mindfulness practice if you wish

What it is not:

- This is not a class in mindfulness, nor is it Professional Development – but you may learn a new technique or deepen your existing practice
- This is not a workplace support group nor a venue to discuss workplace issues – but you may make new connections and develop supportive friendships based in mindfulness practices

If strengthening your mindfulness practices and joining a network of mindful peers interests you, please join us for Mindful Monday, the second Monday of every month.

Begins February 11th

4:15pm

Dr. D.W. Penner School

**RSVP: tim.mackay@lrsd.net
(rsvp not required but helps to plan for number of attendees)**

MANITOBA TEACHERS' SOCIETY LIFESPEAK PROGRAM

COMING SOON!



A world-class expert
right when you need one.

Look for emails about LifeSpeak and in your members' portal beginning in March 2019!

At The Manitoba Teachers' Society, we realize there are times we could all use extra advice, support, information or inspiration. We are excited to be bringing you LifeSpeak – a digital wellness platform that can provide MTS members and their families with instant access to expert advice and confidential information when and where they need it.

There are over 480 expert-led video modules on topics such as:

1. Mindfulness
2. Eating for Optimal Health
3. Better Sleep for Better Health
4. Mental Health Stigma
5. Parenting Topics – from Maternity to Teens

6. Shifting Your Mindset to Wealth
7. Stress Mastery
8. Couples Relationships
9. Professional Development & Leadership content
Digital Addiction

LifeSpeak will be available 24/7 from your smartphone, laptop or tablet. Access is anonymous and confidential.

[LifeSpeak Link](#)

Teachers need support too.

If you need to talk, call the Educator Assistance Program (EAP) through MTS at 204-837-5801.

All services are confidential.

[Link Here](#)