

MENTAL HEALTH AND WELLNESS

Most people associate the topic of ‘wellness’ with physical health but did you know that our brain is also an organ that is susceptible to disorder and disease? Taking steps to ensure that our brains are healthy is just as important as making healthy choices and engaging in physical activity.



Exercise – Regular physical activity improves our psychological well-being and can reduce depression and anxiety. Activity can also reduce loneliness as it connects

you with new peers sharing common goals.

Take your breaks – Sometimes when our days get busy, it's easy to get caught up and miss our breaks. Even taking a brief pause from our workload allows our mind the opportunity to rest and recharge.

Keep a journal – Expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body's resistance to illness... even if it's just a few sentences... try writing it down.



Share humor – Life often gets too serious, so when you hear or see something that makes you smile, share it! Humor can go a long way to help us stay positive.



Volunteer – This is often termed the “win-win” activity because helping also makes us feel good. It widens our social network and provides new learning experiences.

Enjoy hobbies – A hobby can bring balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks.

CONSTRUCTION HAZARDS



Construction work at our schools is always ongoing throughout the year. It is very important to ensure workers' safety during the construction.

In most cases the area is roped off to prevent school staff from being exposed to any hazards the work may create. Please ensure you do not enter these construction sites. If an area is roped off and there are signs stating “KEEP OUT”, make sure you keep out. Only authorized personnel can access these areas.

Site Managers and/or Principals must notify staff of work being conducted so they know the hazards and can stay clear of the area in order to protect themselves.

**“THE SAFEST RISK IS
THE ONE YOU DIDN'T
TAKE”.**

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