

# WELLNESS UPDATE

## Inside this issue:

ARE YOU UP FOR A CHALLENGE? 1

WELLNESS GRANTS AWARDED 1

RECIPE FOR SUCCESS 2

LEARN TO LET GO 2

## Committee Members

Roberta Archer  
 Nancy Bishara  
 Joan Brewer  
 Christine Libby  
 Linda Mackenzie  
 Tina Munro  
 Craig Thibodeau

## ARE YOU UP FOR A NEW CHALLENGE?

The next annual challenge will be coming soon! Based on the popularity of last year's walking challenge, the Wellness Committee has supported making this program an annual event.



Although the Walking Challenge was fun and worthwhile activity, a careful review was performed and we've changed a few things to make this year's event even better:

- It will run from Jan 28 to March Break
- Prizes will change and be awarded each week for 6 weeks
- Prizes will be drawn randomly based on the number of points you earn each week.
- The challenge will be shorter.

Registration will begin in January. Stay tuned.....

## WELLNESS GRANTS AWARDED

The Wellness Committee would like to thank schools for applying for Wellness Grants. The interest exceeded our expectations, with almost \$30,000 in requests received for \$10,000 in grant money.

All of the programs had merit and were well-planned with benefits to well-being. There was a mix between fitness, nutrition / weight management, work-life balance and team building. In choosing how to allocate the limited funds, we attempted to

apportion grants that:



- Provided a mix of different activities and objectives
- Had long-term goals

- Offered participation by large groups.
- Groups who were approved will submit reports that show how well the programs worked and some will provide photos that we will share.

We look forward to growth in the initiative and are excited to see the results!

## DID YOU KNOW?



A good chuckle can strengthen your immune system

Laughing for 10 minutes can reduce blood pressure up to 16%

Get our Newsletter  
on-line at  
[www.ssrbsb.ca](http://www.ssrbsb.ca)

## Holiday Chicken Salad

### INGREDIENTS

- 4 cups cubed, cooked chicken meat
- 1 cup light mayonnaise
- 1 teaspoon paprika
- 1 1/2 cups dried cranberries
- 1 cup chopped celery
- 2 green onions, chopped
- 1/2 cup minced green bell pepper
- 1 cup chopped pecans
- 1 teaspoon seasoning salt

### DIRECTIONS

In a medium bowl, mix together mayonnaise with paprika and seasoned salt. Blend in dried cranberries, celery, bell pepper, onion, and nuts. Add chopped chicken, and mix well. Season with black pepper to taste. Chill 1 hour.

## LEARN TO LET GO

Source: **Katie, Byron Loving What Is Three Rivers Press, New York NY, 2002.**

May I have the serenity to accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.”  
*Reinhold Niebuhr, 1926*

Probably when you get right down to it, all unhappiness in our lives stems from having difficulty with part one or part two of the above saying. When we find ourselves wishing for something different in our lives, it is worth asking ourselves whether or not what we are wishing for is something that is within our control.

If our wish is something that is not within our control, then it is perhaps best to accept what is, and let go of that desire. In the simplest of situations, it is a merely a matter of adjusting one's thinking. For example, if you are in a hurry and find yourself stuck in a traffic jam, the reality is there is nothing you can do to make traffic move more quickly no matter how hard you may wish otherwise. Tying oneself in emotional knots is not helpful nor healthful. Let go of the worry

of being late. Instead, have the presence of mind to accept your current reality, and be at peace. The difference between being at peace and being extremely stressed comes down to the difference in how you think. Nothing has changed in terms of the physical reality of the situation, but the hormone and neurotransmitter response in your body will be radically different.

Letting go is a vital part of maintaining emotional health in the most difficult of times in our life. Life is forever changeable, never remaining the same, and it is certain that we will be parted from those we love either through a relationship ending, or through death. How we deal with these realities can mean the difference between health and disease. Hanging onto the past and not letting go can mess up hormone, neurotransmitter and peptide balance and over time this can create major problems in the body. So mourn, accept what is, say good bye, and let go.