

Spotlight on Health and Safety

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Taking Care of You

Wellness can be defined as an optimum state of health - physically, socially, emotionally, and mentally. Our well-being is about making healthy choices in each of these areas.

Remember to get enough sleep, eat right and exercise regularly. Engage in health screening and prevention and see your medical physician if you have health concerns. Make some time to enjoy your interests and surround yourself with family and friends.

Stress can play a large role in overall wellness and can occur when there are changes happening and we don't feel that we have the resources to deal with them. It is important for us to learn how to recognize and deal with stress because it affects all aspects of our lives.

Whether you are a student, parent or staff member, be sure to reach out to family, friends and access professional help if stress is affecting your life. In all our schools we have Youth Education Support Workers/Success Coaches to help students and facilitate extra assistance they may need. While gaining support from others you can encourage them too, everyone has had it tough at some point in their lives. A kind word may go further than you realize.

Alberta Health Services has a wonderful online resource centre that can guide teachers, childcare staff and parents to the information they need on student health issues. <http://www.albertahealthservices.ca/info/Page2909.aspx>

Offered to our staff members and their families is an Employee and Family Assistance Program, a proactive health program providing confidential wellness and prevention supports, health and life coaching and counseling. <http://www.homewoodhealth.com/corporate/services/overview> For more resources staff can check out "Apple-a-Day" and "The Sandbox" <https://thewellnesssandbox.ca/>