

Wellness Newsletter



SHEBOYGAN AREA
SCHOOL DISTRICT

Holiday Tips

Message from Aurora EAP

Acknowledge That This Year is Unique

Similar to just about everything else, this year's holiday season will come with adaptations. Recognize that this year is unique and may be particularly challenging, but it's only one year.

Reflect on Your Reason for the Season

This is not the year to "make it up to the kids" and overpromise or overspend. Stay aligned with your values. Don't forget the gift of gratitude as we've had the year to slow down and realize what is important.



Your Presence is the Present

Explore virtual ways to celebrate together. This might be the year you find new traditions and ways to stay connected, including sharing old pictures or telling stories from the past.

Communicate Boundaries

It's likely you will be reconsidering your own holiday season boundaries. Best to have these conversations sooner rather than later to avoid awkward moments, whether hugging or attending larger parties.

Recommit to Wellness

Don't overindulge on food or drink as it will only add to your feelings of stress and guilt. Get regular exercise and plenty of sleep. Practice mindfulness and deep-breathing exercises regularly.

You are not alone. Talk, text, or video with family and friends about how you are feeling. Consider reaching out to EAP (800) 236-3231 for support.

Time to Reflect

Message from Anna Schmidt

The end of a year always brings with it an opportunity for reflection. There is no doubt that 2020 has been a challenging year. Each one of us has been asked to stretch out of our comfort zones to work in ways we never had before.



Take time to reflect on your struggles, successes, and ways in which you've grown.

Take time to reflect on how this year has affected your eight dimensions of wellness (intellectual, physical, spiritual, vocational, social, environmental, emotional, and financial), and ask yourself, is it time to Make a S.H.I.F.T? (see below)

Make the S.H.I.F.T. Challenge

Whether it's because it's something we feel we can control or simply all the time spent in our homes these days, it's not surprising that a lot of S.H.I.F.T. Challenge goals revolved around cleaning up, getting organized, and decluttering spaces.

If you need some inspiration for where to start, check out this list of [101 Things to Get Rid of When Decluttering Your Home in 2020](#). Pens and markers that don't work, anyone?

If you haven't joined the [Make the S.H.I.F.T. Challenge](#) yet, there is still time. Set a goal that helps support your personal well-being and earn 5 points if you complete it. You will also be entered into a raffle drawing for wellness prizes. This is one of four SASD wellness challenges for the point year (125 points is needed to reduce your premium rate).

You Are Appreciated!

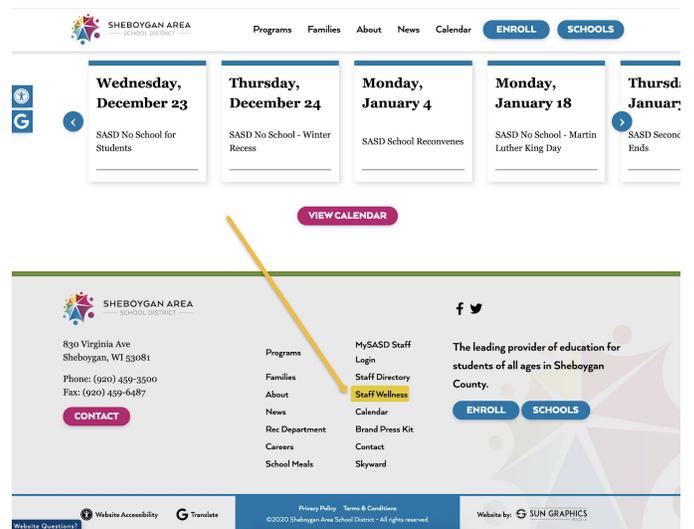
We are grateful to everyone for all of your hard work during these unusual times. Take a few minutes to watch this video and know your dedication is appreciated!

<https://www.youtube.com/watch?v=NkDNp4ATCso&feature=youtu.be>



New Website - Wellness Content

Are you looking for the Staff Wellness information on the new SASD website? Simply scroll down to the bottom of any page on the external website and click on the [Staff Wellness](#) link. Check out the screenshot below of the footer.



Gratitude

No matter what is going on around us, we can learn to practice gratitude. Gratitude does not mean ignoring other feelings.

Psychology Today offers these simple rules of thumb when practicing gratitude:

- Allow yourself to feel your feelings.
- Validate your feelings by telling yourself that whatever you are feeling is OK.
- Make room for both difficult feelings and gratitude.
- Try again later if you cannot access gratitude now.

If you're ready to learn more about practicing gratitude, check out this month's lunch and learn, [An Experiment of Gratitude: The Science of Happiness](#).

Then complete the quiz to earn 5 wellness points. You will be able to access this presentation and quiz until January 31, 2021.

Skinny Dill Vegetable Dip

from Rachelcooks.com (10 servings)

- 1 c. plain, Greek yogurt
- 1/4 c. mayo with olive oil
- 1/4 teas. salt
- 1/4 teas. pepper
- 1/8 teas. garlic powder
- 1/8 teas. onion powder
- 1 teas. dried parsley
- 1/4 c. minced fresh dill
- Vegetables for dipping

Mix all ingredients in a large bowl. Transfer to a serving bowl and store covered in the refrigerator. Serve cold with fresh vegetables.

