



SD79 Health & Wellness Newsletter

April, 2019

Hello,

A is for....Anxiety???? As we enter the month of April-May-June, the countdown and subsequent stress of year end hits with a bang. The September 2018 edition of the Vancouver Island Counselling Newsletter, [Mindfulness for Anxiety](#), outlines the benefits of using mindfulness to combat the effects of anxiety.

Mindfulness for Stress and Anxiety Reduction is worth exploring, both in the classroom and at home. The Calm Schools Initiative, created by the Calm app, is offering free Mindfulness training tools to every teacher in the world. Their website says:

"In today's rapidly changing world, children face unique social and emotional challenges. Kids are experiencing greater pressure earlier in life, and feel more stress and anxiety than ever before. What if their school day began with a few moments of quiet and stillness? Numerous studies have shown the many benefits of teaching mindfulness to children. Through mindfulness education, kids can develop a lifelong capacity for greater self-awareness, concentration, patience, and resilience. Meanwhile, educators face pressures of their own. Many teachers understand the benefits of mindfulness, but they face time and budget constraints, making it challenging to bring mindfulness education to the classroom."

Any teacher with a K-12 classroom can get **free** access to Calm's paid subscription service and unlimited access to guided meditations and mindfulness exercises, including Calm Kids, a program tailored for age groups from pre-K through high school. If you'd like more information or would like to sign up for this free service, click [here](#).

Another option is Insight Timer, an app that is recommended by Vancouver Island Counselling, our EFAP provider. Insight Timer brands itself as the largest free library of guided meditations, with more than 15,000 titles. Click [here](#) for more information on Insight Timer.

Are you interested in learning more about Mindfulness? Send me an email at wellness@sd79.bc.ca and if there is enough interest, I will set up a class before year-end. Take good care of yourself!!!

Warmly,

Gina Kueber
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