



SD79 Health & Wellness Newsletter

September, 2019

Hello,

Welcome back to the 2019-2020 School Year! September is a wonderful month – new people, new opportunities and the return of that ever-familiar back to school stress! In education, it is like driving your car from 0 to 90 km in 10 seconds; it hits with a bang and can send you spinning... but, the last thing you need is someone telling you to relax, calm down, breathe!

I would like to offer you a simple challenge during these early days – [30 days of Gratitude](#). It is easy, can take but a minute, yet is a reminder that many of us need to focus on the good in our lives, rather than the stress and busyness. According to an article from [Harvard Health Publishing](#), "... practicing gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships." Please try the attached challenge for 30 days and let me know if it makes a difference in your personal health and wellness.

Warmly,

Gina Kueber
Health & Wellness Coordinator
Cowichan Valley School District

Gratitude

turns what we have into

enough