



Health & Wellness Update – June 2022

The countdown to summer is on...some of us thought it would never come! How are you spending your vacation time this year? While some staff are working over the warmer months, the majority are looking forward to some rest and relaxation. For many of us, it is re-emerging back into a more normal lifestyle, including outdoor gatherings with family and friends and many long-overdue celebrations. As we reflect back on the turbulent past few years, I encourage you to take time to acknowledge the impact that COVID has had on your body, mind and spirit. While not behind us yet, we are now able to move forward and face the new challenges it may bring with greater experience and resiliency.

Summer is a wonderful time for self discovery and personal growth. In July, LifeSpeak is offering a 4 week campaign entitled “Nourishing Personal Growth”. The topics being covered are *Embracing Diversity, Equity and Inclusion, Building Strong Relationships, Growing in the Workplace, and Unleashing your Authentic Self*. If you would like to take part, check your district email each week for the featured resources. Alternatively, you can log into LifeSpeak and register a personal email address. More information on this campaign is coming soon.

A fun (and free!) activity for summer is hiking on one of the many trails in the Cowichan Valley. The [Municipality of North Cowichan](#) offers a free app for Mt. Tzouhalem and Maple Mountain, two popular mountain biking and hiking destinations in our area with trails for all fitness levels. The [Employee Wellness](#) page on our website gives links to other local recreation activities.

During the 2022-23 school year, I invite you to join me in Building Your Resilience Tool Kit. While you are having some quieter days this summer, please take some time to reflect on what strategies and activities you would include in your kit.

Wishing you a rejuvenating summer!

Warmly,

Gina Kueber
Health & Wellness Manager