

BCTF Health and Wellness Program



An early intervention and return to work program for teachers

BCTF Health and Wellness Program Wellness and Self-Care for Teachers

Importance of Self-Care

Finding the time, energy, and motivation to refill our gas tank is not an easy task. It requires an acknowledgement that we have many important personal and professional responsibilities in our lives and the recognition that self-care is a critical component to our well-being.

The Health and Wellness Team at the BCTF encourages you to take time for yourself and engage in self-care activities that speak to you. With the significant changes that have taken place in our teaching profession, the importance of self-care has never been greater. Being mindful of our own stress level and practicing healthy ways of coping are critical ways of staying energized and engaged, personally and professionally.

Health and Wellness Resources

Visit bctf.ca/wellness for more wellness resources and programs available to teachers.

Wellness Sessions Available to Locals

Wellness Session 1: Mindfulness in the Workplace

Meditation and mindfulness practice has been well researched and evidence shows that it is a practical tool to reduce stress, anxiety and depression. Mindfulness practice cultivates our tolerance for the sometimes chaotic and unpredictable nature of our daily lives and environment. Meditation teaches us how to slow down and settle our minds, contributing to a greater sense of calm and peace.

The purpose of this workshop is to provide education professionals with strategies, skills and practices for stress reduction. The design of the workshop is experiential, along with an explanation of the intention and purpose behind each mindfulness strategy.

A registered clinical counsellor with 20 years of training and experience in meditation and mindfulness will introduce a variety of practices and grounding techniques to enhance personal and workplace wellness.

Wellness Session 2: In Search of Wellness—Helping Yourself and Others

The importance of a healthy workplace has been documented widely by researchers and professional organizations. Research on teacher burnout will be reviewed and a variety of self-care strategies are explained and practiced to enhance personal understanding of one's own sense of wellness and how colleagues can be supported. Strategies to increase workplace wellness are discussed in a collaborative setting.

Wellness Session 3: Cultivate Wellness—The Ritual of Eating Right

This workshop will cover nutrition basics and explore the importance of self-care within a nutritional framework. Workshop includes information on label reading, the effects of the SAD (Standard American Diet), why calorie counting doesn't work, body talk, snack ideas and more. The workshop will introduce "The Self Garden," a tool developed and used for engaging individuals in practicing meaningful self-care. A registered holistic nutritionist will discuss overcoming barriers to healthy eating for teachers and discuss strategies to help members engage in healthy behaviours in the workplace.

Wellness Session 4: Exploring Teacher's Compassion Fatigue

A workshop on compassion fatigue, how it affects caregivers, and implications for our practice. Facilitated by a registered clinical counsellor, this workshop identifies the symptoms of compassion fatigue and how it can be addressed through personal coping strategies. Workshop includes experiential activities that highlight how compassion fatigue affects our own sense of wellness personally and professionally.

Wellness Session 5: An Introduction to Living with Balance

The Living with Balance program is a 6-week, 12-hour group workshop funded jointly by school districts and the BCTF Health and Wellness Program. This workshop provides a brief overview of the program and how it can be beneficial to teachers who are feeling stressed out. Example activities from the program are described and demonstrated and common questions are answered.

To book any of these sessions, please contact:

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