

Wellness Wednesday

Memo 1

Jan. 8, 2020

This week, I'm going to focus on creating intentional moments of warmth, connection, health and happiness for ourselves and our students.

### **Hygge**

Hygge (pronounced hoo-guh) is a Danish word that means creating a mood of coziness and comfort. I've seen this concept all over the place lately so I decided to google "Hygge in Schools" and sure enough - somebody thought of it! Here's a link to 13 ways to create Hygge in your classroom - as I read through these, I'm not surprised to see we already have a lot of Hygge going on at TCMS!

<https://www.weareteachers.com/classroom-hygge/>

### **A Fresh Start**

Did you make any New Year's Resolutions? It's probably not surprising that the most common New Years Resolution is to eat healthier. It's certainly one of mine. Eating healthy can be particularly difficult in the winter months but making the effort can help boost your mood and keep you feeling well.

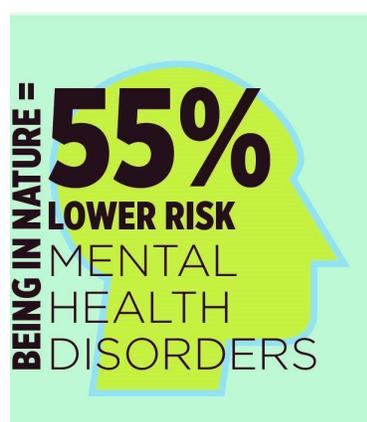
Check out this list of the 5 healthiest foods for winter from EatingWell (I was happy to see that potatoes made the list):

<http://www.eatingwell.com/article/37860/5-of-the-healthiest-winter-foods/>

### **Beating the Winter Blahs**

In spite of our best efforts, winter can sometimes get us down. Here are a few more tips to help you power through till spring:

1) Get outside even when it's chilly- We visited Bernhiem over break and I loved these new signs they have up:



2) Let the light shine in - turn on the lights, open curtains/windows to let in natural light, burn candles to create a cozy space, whatever helps you keep your own light shining.

3) Don't be afraid to take a break. Winter is a time to rest and restore for much of nature and we humans need that too. Be sure to take time for yourself.

4) Laughter is the best medicine - researchers have found that laughter helps the brain regulate the stress hormones cortisol and epinephrine but you don't need to know all that.. just watch a funny movie, check out a comedy act or find some cute cat videos on YouTube and see for yourself.

5) Plan Ahead - research also shows that having something to look forward to can help us stay positive and motivated. Plan things to look forward to each week or go ahead and start planning that spring break vacation! It'll be here before we know it.

Happy Wednesday!

Amy