

editor's message



Hello everyone! In October's edition of Thrive, we will be sharing on environmental wellness.

Read on to find out how we can achieve environmental wellness that supports our daily well-being as well as creating a positive environment.

"Our very being, essence, health and happiness depend on mother earth." — David Suzuki

WHAT'S IN THIS ISSUE:

- What is environmental wellness?
- What are the benefits of environmental wellness?
- How can we practise environmental wellness?
- Bingo Time!

the wellness wheel



adapted from Dr. Bill Hettler's
The Six Dimensions of Wellness Model

The Wellness Wheel illustrates a wellness model with 8 interconnected dimensions to a well-rounded and balanced lifestyle. Each issue, we will cover 1 element from the wheel.

What is Environmental wellness?

Environmental Wellness is having good health by occupying a pleasant, stimulating environment that supports our well-being. It recognizes the interconnection between the environment, community and self. The environment can encompass our daily surrounding such as home, school, work or the neighbourhood.



What are the benefits of environmental wellness?

Environmental wellness is not just about our relationship with Mother Earth and nature, but also with our personal surroundings. When our personal surroundings are well cared for, clean and organized, we will experience a greater sense of comfort and lesser anxiety.

Harmony with nature



Feelings of calm and relaxation



Good relationship with family & friends



Involvement in the community



How can we practise environmental wellness?

Our personal space can contribute to our emotional well-being, state of mind and productivity.

Create a healthy, happy living space

Organize our space daily. When our space is organized and clutter-free, we can relax better.



Live an eco-friendly lifestyle

Walk or cycle instead of drive, recycle or reduce the use of non-renewable energy



Foster happy relationships at home

Our relationships with people around us will be influential to our comfort at home and environmental wellness.



Find little spaces of tranquility

Take a moment out of the busy day to appreciate the surroundings. We can do this anywhere.



Spend time outdoors for at least 10 minutes everyday.

Spending time in nature reduces stress, and helps to improve immune function, resulting in improved focus.



Create a hygge atmosphere

Think about what soothes your senses the most. Create an atmosphere that can incorporate with these stimuli, for eg, lavender essential oil, a favorite song, pictures of a beach etc.



Fun fact: Hygge (pronounced hoo-gah) is a Danish term used to describe a feeling and way of living that emphasizes coziness, warmth, and togetherness.



Bingo Time!

With all you have to take care of, are you making time to take care of yourself, too? Try out a simple activity below!

I woke up early to read for 30 minutes.	I did some indoor or outdoor gardening.	I did a 30-minute workout.	I put a puzzle together.	I met up with a good friend or two.
I drank a good cup of coffee.	I took a short walk after a long day.	I made a health appointment I've been putting off.	I made my workspace a "happy" space with plants, music or snacks.	I scheduled a personal day.
I set aside an evening for myself.	I reserved one day of the weekend and made NO plans.	I got some extra sleep.	I made a list of tasks I've completed and checked them all off!	
I cut myself some slack.	I indulged in a habit I enjoy for 5 minutes or more.	I abandoned my to-do list after I got through the essentials.	I watched a favorite movie.	I sent a note thanking someone.
I reached out to a former student to see how they're doing.	I brought a morning treat for my colleague.	I left a note of encouragement for a new teacher.	I wrote down inspiring words and stuck them in a place I can see them.	I wrote myself a note reflecting on my "Why."

Did you manage to tick 5 squares in a row?

If yes, then it is an acknowledgment that you are taking care of your health & well-being! Good job! 😊



Did you know?

Some schools have implemented structures that seek to promote collaboration among teachers in their work.

For example, teachers would come together and form professional learning teams to create lessons for their students.

You can approach the teacher leads or mentors in your centre for support related to and beyond teaching and learning.



references & additional resources

1. What is Environmental Wellness - Stride for better mental health
2. How does environment affect your mental health - Very well mind
3. How do you enhance environmental wellness - Medium
4. How to promote environmental wellness - Embodied Wellness Centre
5. Self Care Bingo - Melody Gerard
6. Collaboration among teachers - MOE

feedback

Click or scan the QR code to share your feedback about the newsletter with us.

Your suggestions are highly appreciated!



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