



# Wellness Wednesdays



## Mindful Musings

### The Importance of Journaling as a Self-Care Technique:

"Journaling is an incredibly beneficial self-care technique, which doesn't just enhance feelings of happiness, but reduces stress, clarifies thoughts and feelings, and ultimately helps you to get to know yourself better."  
(thriveworks.com)

To learn more about the benefits of journaling as a self-care technique, and tips to get started, click on the image below for a link to the following article:



[How Can Journaling Help Me? Tips for Keeping a Self-Care Journal—Thriveworks](#)

### Ready to get started?

Here's what you need:

- ◆ A pen that writes with ease.
- ◆ A beautiful journal that inspires you
- ◆ Your thoughts, hopes and dreams!

### To begin:

Find a quiet space with no distractions. Close your eyes and take a few calming, deep breaths. Try to quiet your mind as much as possible. Open your journal and start writing. Let your thoughts wander as you write, not taking the time to edit your thoughts or any spelling errors. See where your writing takes you. You may be surprised at what you discover!

### Need a prompt?

What are three things that you are most grateful for? How do these things bring joy into your life?

Check back each week for a new writing prompt to guide you on your journey of Journaling for Self-Care!

Welcome back and Happy Wellness Wednesday to everyone. Thank you for taking the time to view our newsletter. As you may recall, our theme for this month is Mindfulness. And last week we introduced a new feature in our newsletter, and asked staff to please send us a picture of themselves engaging in a Mindfulness activity, for a chance to win a gift card prize. Special thanks again to the Essential Superheroes group and local restaurants, who donated the gift cards. The gift cards are for local restaurants and vary in dollar amount (from \$10, \$15, \$20, or \$25). Thanks so much to everyone who participated!! **And the WINNER is.... Please scroll down to our second page to see who won and all the pictures that were submitted. Enjoy!**

## Enter for chance to win a prize! - Round 2

Since this was such a fun activity and March is still not over, we are doing a Round 2!!! **From now until next Tuesday (3/30), please submit pictures of yourself engaging in Mindfulness activities.** Send all pictures via email to [WellnessWednesdays@windham.k12.ct.us](mailto:WellnessWednesdays@windham.k12.ct.us). All entries will be entered into a raffle drawing for a chance to win a gift card prize. If you did not get a chance to participate in the first round, or if you would like a second chance to win, please submit a different picture of yourself engaging in a Mindfulness activity. We will announce the winner next Wednesday. Good Luck!!!

## Professional Development Workshops

### 1) Recognizing Trauma and its Effects:

This PD was developed in partnership with the Child Health and Development Institute (CHDI) and Project AWARE and will be available to staff via SafeSchools platform. All staff is encouraged to watch this presentation (approx. 1 hour in length). You will receive an email to inform you when the PD will be available on SafeSchools.

### 2) Anxiety in Schools Series:

This PD is being provided in partnership with the University of Connecticut and will feature 3 live virtual sessions. The dates are as follows:

3/31; 4/21; & 4/28/2021.

You will receive more details via email soon.

[Click on image to read this interesting article](#)

[Self-care as a mindset and a practice: Redefining an oft-misunderstood concept](#)  
By Afa Grabowski, LCSW, PMH-C, CST

## Recognizing Trauma and its Effects

Chelsea Morales, PsyD  
Post Traumatic Stress Center  
Foundation for the Arts & Trauma  
New Haven, CT

## EnR.I.C.H.ing Your Toolbox

### Professional Development Workshops: Anxiety in the Schools Series

1hr - Virtual Trainings

#### Session 1: Initial Overview

- This session will provide an introduction to evidence-based, mind-body health strategies to address anxiety among educators, staff and students.

#### Session 2: Gratitude Writing & Written Emotional Expression Techniques

- After a brief reorientation, this session will provide direct instruction and opportunities to practice these two strategies to address anxiety in the schools. Application of these techniques will be discussed across tiers and age groups. Participants will have an opportunity for Q & A.

#### Session 3: Progressive Muscle Relaxation & Guided Imagery Techniques

- This session will provide direct instruction and opportunities to practice these two strategies to address anxiety in the schools. Application of these techniques will be discussed across tiers and age groups. Participants will have an opportunity for Q & A. This session will also include a wrap-up of this series.



**Windham Staff practicing MINDFULNESS activities!**

And the winner is....

**Donna Plen**  
School Psychologist at WMS

GREEN YOGA

Happy Easter

