



Wellness Wednesdays



February

Focus of the Month:

SELF-LOVE

It's time to...

Love yourself

Respect yourself

Admire yourself

Forgive yourself

Accept yourself

Nurture yourself

Today's the day!

If listening to affirmations just isn't your thing! Show yourself some love and try writing your own. Think of some areas in your life that you can use encouragement in. You can use the instructions below taken from book Success Principles by Jack Canfield, to help you get started. Start with the words "I am." These are the two most powerful words in the English language.

- Use the present tense.
- State it in the positive.
- Affirm what you want, not what you don't want.
- Keep it brief.
- Make it specific.
- Include an action word ending with -ing.
- Include at least one dynamic emotion or feeling word.
- Make affirmations for your self, not others.

Just a friendly reminder...

Please remember to share ideas, feedback, by emailing us at WellnessWednesdays@windham.k12.ct.us.

You can also visit our [Wellness Wednesday page](#) on our district website, for previous Wellness Wednesday Newsletters, and resources.

Happy Wellness Wednesday! In continuation of our theme for this month, we would like to share with you some additional information on the topic of **SELF-LOVE**. Self-love is the act of putting your well-being first. This is not about vanity or being selfish but rather about keeping your self sane. The more you love and accept yourself, the more love and joy, you will give and receive from the world. In this issue we would like to share a message about affirmations that encourages positive thoughts. We may often think that listening to affirmations is silly or unnecessary; however, affirmations can really help boost our positive thought process. In these very trying and emotionally exhausting times we could all use a little more positivity. Today, we want to encourage you to take some time out of your busy day to listen to the video message below.

Click on the graphic below to watch the video message:



As we mentioned last week in our Spotlight Edition, if you can we encourage everyone to **GIVE LOVE BACK** to the United Way and our school community!

HOW? Click on the image below or visit our website at windhamps.org/apps/pages/UW to learn more about donating. Reach out to your school's Family Liaisons with any questions.



Click here now to donate to the United Way!

RECIPE OF THE WEEK:



Immune Boosting Smoothie: for Wellness

- 1-2 cups of dairy free milk
- 1 orange (or grapefruit)
- 3/4 cup cooked sweet potato
- 3/4 cup mango (frozen)
- 3/4 cup strawberries (frozen)
- 1/2 cup cauliflower
- 1 large carrot
- 1/2 banana (frozen)

Instructions:

Peel the orange. Combine all ingredients in a blender and blend until smooth. Start with 1 cup of milk and add more as needed. Serve and Enjoy!