



Wellness Wednesdays



Happy New Year 2021

Focus of the Month:

BALANCE

"Self-care is fundamentally about bringing balance back to a life that has grown imbalances from too many commitments or responsibilities."

— Robin L. Gobin

We hope your New Year is off to a happy and healthy start! We are very excited to continue sharing tips, information, and activities for self-care and wellness. Our theme for the month of January is Balance! While we've welcomed a new year, we're still dealing with the effects of the pandemic. Our plates are still full and in most cases overflowing. It's even more essential at this time that we create a balanced life, which means making time for the things we must do, as well as the things we want to do. Please join us this month for information on ways to create or increase the balance and harmony in your life. Take some time today to reflect about ways in which you can lead a more balanced life.

10 Tips For Better Work Life BALANCE

Prioritize your tasks.

Limit the amount of screen time.

Take breaks during the work day.

Don't overcommit yourself.

Fight the guilt.

Know your peaks and troughs.

Make room for personal time.

Manage your mind.

Communicate with others.

Get enough rest.

Fun Fact:

The Colors for 2021 are
Ultimate Gray and Illuminating!

Do you know why?

[Click here to find out](#)

RECIPE OF THE WEEK:

Coffee Smoothie:

High Protein, Boosts Metabolism, Balanced Meal,
Great for Hair, Skin, and Nails

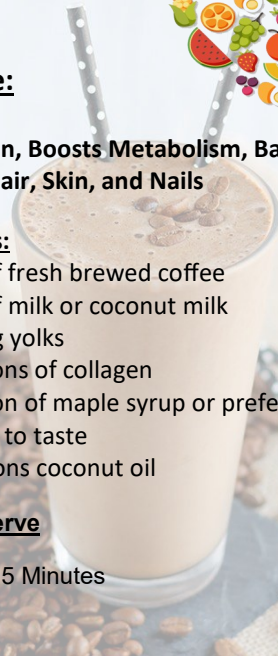
Ingredients:

6 ounces of fresh brewed coffee
8 ounces of milk or coconut milk
1-2 raw egg yolks
2 tablespoons of collagen
1 tablespoon of maple syrup or preferred
sweetener to taste
1-3 teaspoons coconut oil

Blend & Serve

Prep Time: 5 Minutes

Enjoy!



Video Links About Work-Life Balance

Video #1:

[The only way to have a work-life balance by Mel Robbins](#)

Video #2:

[5 Ways to Achieve More Balance in Your Life](#)

Just a friendly
reminder...

Please remember to share ideas, feedback,
and relevant images to our email at:
WellnessWednesdays@windham.k12.ct.us