



Sanford School Department's Wellness Committee News

November 28, 2022

Holiday Wellness Plan for Educators

As we enter the holiday season, it's important to continue to take care of yourself.



Keep yourself moving – Exercise and physical activity is important no matter how much or how little. A simple walk around the block, for example, provides both fresh air and steps that are good for you.



Mentally prepare for the holidays – Manage your expectations and be realistic with yourself regarding what you and your family can take on.



Look on the bright side – Find one or two small things happening in your life that you can celebrate.



Take time for yourself – Breathe, relax, and try to focus on yourself every day.

<https://www.oakland.edu/newsletters/good-to-know/2020/holiday-wellness-resources>

12 Days of Wellness Challenge

The 12 Days of Wellness Challenge is a fun, voluntary way to help keep your mind focused and your body in good health and spirits. To participate, complete one wellness challenge each day starting Monday, December 5th through Sunday December 18th and enter your activity on the [Wellness Challenge Form](#) attached. An envelope will be located in your school's main office on Monday December 19th to collect the completed challenges. Completed forms will be entered into a drawing for one of two \$50.00 personal wellness prizes of your choice.

Living Well Program -Harvard Pilgrim Insurance

The Living Well Program is a great way to stay on track or get back on track with some of the following:

- Stress management
- Self-care
- Physical activity
- Healthy eating
- Environmental wellness
- Financial literacy

As you complete these challenges/prompts, you'll gain points! Points = \$ Rewards! You can earn up to **\$120** in rewards.

All you have to do is go to: <https://www.harvardpilgrim.org/public/living-well-everyday>

Virgin Pulse Wellness Program -Anthem Insurance

Sign up for Virgin Pulse today and immediately start earning points towards \$250 in gift cards. This fun and easy to use program is designed to keep you active and healthy throughout the year. Attached are some helpful communications, including a new program brochure and program flyer. These materials will explain how to earn rewards as you progress through the levels. <https://meabt.org/wellness-programs/virgin-pulse-new-wellness-program>

A Must Try Pumpkin Pie Popcorn

<https://www.diabetesfoodhub.org/recipes/pumpkin-pie-popcorn.html>

