

Wellness at Outreach, Home-Based School, & Distance Learning January's Focus is Reducing Stress & Anxiety

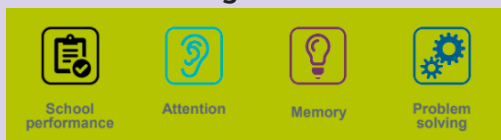


Active Living

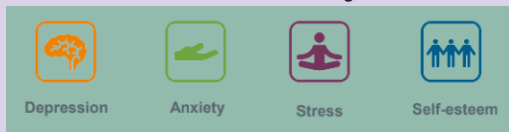
Effects of Physical Activity on the Brain

- Increased blood flow to the brain
- Increased hormone release
- Increased brain cell growth and connection

Physical activity plays an important role in learning and behaviour.



Physical activity impacts the mental Health of children and youth.



Meal Planning: Money Saver Tips!

- Plan at least one meatless meal a week, incorporate grains and buy in-season fruits & vegetables.
- Plan to use leftovers.

Healthy Choices

New Year's Resolutions: Healthy Habits Stick!

Start small: Trying to get active? Start with 30 minutes & then add more time as you become more invested or start with 5000 steps and build up!

Set clear intentions: We are more likely to follow through on something if it is planned beforehand.

Celebrate small wins: Progress is progress! Way to go!

Surround yourself with supporters:

When we have people working with us or encouraging us, we tend to engage more! Create challenges within households, between friends or with co-workers.

Start a Gratitude & Memory Jar:

Throughout the year, family members add memorable moments and things they are grateful for. Revisit next year!

Mental Health

Leduc County Family Resource Network

- More Ideas from [Leduc County FRN](#)

Creating Good Habits

1. **Breathe and stretch** as you study: breathing techniques are one of the quickest and easiest ways to relieve tension in the body and calm the mind.
2. Become a pro at **time management**: take **short** breaks after 45 minutes of studying and then resume.
3. **Cut out distractions**: put your social media in another room!
4. **Take breaks outside**.
5. **Get your heart pumping**: this will help you focus when you resume studying!
6. **Talk it out**: study with a classmate
7. **Make bedtime a priority**: a good night's sleep goes a long way!
8. **Get your study snacks right**: avoid caffeine and high sugar content.
9. **Start a routine** two weeks before.



What to look for next month:

- Quick and easy dinner ideas
- A new active living challenge
- Mental Health Awareness Information

Joke of the Month:

Q: Where can you go to practice math on New Year's Eve?

A: Times Square.

[Submit your favourite joke](#) for next month!

Meal Planning Tips & Tricks

Plan your meals around foods that are on sale.

Check store flyers, newspaper inserts and coupon sites online.

Check your pantry, refrigerator and freezer.

Use up anything that may be expiring.

Know what your family likes to eat.

Try to find staple meals that everyone likes and use one or two of those per week.

Post an ongoing grocery list

where it's easy to see and let everyone know to add items to the list as you run out.

Meal Planning Tips & Tricks

Avoid recipes that need a special ingredient

as they are often more expensive & you likely won't use it all!

Make extras.

Don't let a big bunch of carrots or celery go to waste. Use it all up by making an extra big pot of soup. If ground beef is on sale, make two batches of lasagna instead of one. Serve one batch for dinner, and freeze the other batch in meal-sized portions for another time.

Make a menu. Determine breakfast, lunch & dinner for each day.

In Our Communities

Free indoor skating in [Strathcona County](#) every Sunday afternoon.

[Virtual Mental Health Education:](#)

Lunch and Learn Webinars (ex - Understanding Depression in Adolescents) These are for Adults only.

[Free LRC/Alexandra Pool](#)

[Membership](#) for grade 8 and 9 students in Leduc and Leduc County!

Recipe Collection:

This month [send us your quick and easy meal ideas!](#)



Gowns & Suits for Grads

The Sherwood Park Elks continue to support local graduates by offering free suits and gowns!

No referral required.

Donations accepted on shopping days!

Location: #123 2016 Sherwood Drive
(Entrance at CanTeen Doors)

Time: 10 am - 3 pm

Jan 15/16 and 29/30

Feb 12/13 and 26/27

Mar 12/13 and 26/27

Apr 9/10 and 23/24

May 14/15

Provincial Guidelines for Covid 19 will be followed.
People are asked to wear a mask and social distance.