



# February Wellness

Black Gold Outreach School and Home-Based Education  
Family Newsletter



## MENTAL HEALTH MINUTE

### Staying Afloat

As we hit the halfway mark for the year, many of us may be feeling tired from our (or our children's) educational work or experiencing something called burnout. Burnout is feeling emotionally and physically exhausted from feeling a lot of stress.

There are many ways we can receive support to help prevent burnout, to recover from burnout.. Some of these supports include:

- A positive school environment
- Mental wellness resources from our school division
- Medical or counselling services from outside the school system

While these resources are useful in many situations, one thing that we can control is how we support ourselves as we experience stress.

This self-care can look like many things (reading, a nap, exercise, a hobby), but taking time everyday to rest and recover and partake in mindful decompression can help to keep us learning happy and healthy.

## FEBRUARY CHALLENGE

Try to take at least 20 minutes every day to relax and do something you enjoy!

## BOOKS ON MENTAL WELLNESS

Links to audiobooks included  
Kindergarten - Grade 3: Love by Matt de la Peña

Grade 3 - Grade 7: Charlotte's Web by E.B. White

Grade 8 - Grade 10: What to Say Next by Julie Buxbaum

Grade 8 - Grade 12: Dear Evan Hansen by Val Emmich, Benji Pasek, Steven Levenson, Justin Paul

## JOKE OF THE MONTH

What kind of flowers do you never give on Valentine's Day?

**Cauliflower**

