

# WELLNESS WEDNESDAY

## OCTOBER THEME: HEALTHY HABITS

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October 11  
THEME: Healthy Habits

Harvard Psychology Professor Laurie Santos refers to random little specks of 5 or 10 minutes of free time sprinkled throughout the day, as "time confetti".

How can you spend 5-10 minutes of this "time confetti" on your health and well-being today? Maybe try a quick walk, a moment of fresh air, a 5 minute meditation practice, chair yoga, some deep breaths...



### Important Dates

Staff Flu Vaccine Clinics  
November 3 from 2:30-5:00 at  
the ESC

Gig Harbor Primary Care will be administering staff flu vaccines on 11/3/23. This vaccination clinic is offered to all staff as a service to our community and is strictly voluntary. Your health insurance will be billed by the clinic.

CLICK the link at the top of the newsletter to sign up for vaccinations.

COVID vaccines are available through your health care provider and/or local pharmacies.

Yesterday, October 10th, was World Mental Health Day. Making mental health a priority is crucial to our wellbeing. Do you need more support than a 5-10 minute mental health break? There are many resources available to you - from the PSD Portal, select "Staff Intranet" and then select "Wellness Program" from the menu. There are resources available through Employee Assistance Program & SEBB. Your wellbeing matters.

### Wellness @ Work in PSD

Last week educators representing every elementary school in the district came together for Kidding Around Yoga's extended EduKAY professional development with Kristi Fischer. Participants learned the skills necessary to introduce yoga, meditation and mindfulness into the academic environment in order to increase student engagement and reduce negative behavior. These educators will, in turn go back to their buildings and share their learning with colleagues and students. This training was paid for as part of PEA's commitment to wellness by the NEA Great Public Schools Grant.

