

BALANCE

WELLNESS MAGAZINE OF THE MANITOBA TEACHERS' SOCIETY

OCTOBER/NOVEMBER 2015 | VOLUME 1 | NUMBER 2

Getting to Better™: The Meaning in Your Wellness

What Are You
Thinking Right Now?

Understanding Your
Credit Report

10 Easy Steps to Save
Food and Money

Being Active Makes
You Smarter

editor's MESSAGE



Welcome back to Balance,

The launch of the Balance program is underway, and we are excited to say it has been a very busy few months. Congratulations to everyone who started their year off on the road to wellness.

We hope you enjoy this issue of the Balance magazine. Our goal is to continue to provide diversity throughout the publications. We are thrilled to have an article from Balance team member Keith Macpherson to share with you – Keith's corner. Keith shares with us a completely different mentality on how to approach your day.

We want to send out a special thank you to everyone who shared their comments regarding the first Issue of Balance. We were thrilled that the magazine was so well received and that so many of you chose to share it with family, friends and at your conferences and association meetings. We encourage you to continue to share your feedback, as we tailor this program to meet your wellness needs.

Thank you to everyone for incorporating Balance into your events! We had a wonderful time at Summer Seminars getting to first work with the Professional and French Language Services team and the ESJ and PD Chairs, and then back to Winnipeg with Presidents' Training.

The first day of school started with a 90 minute workshop led by Balance team member and Transformation Architect Stephen de Groot with the focus of "Getting to Better™" with Principal Darwin MacFarlane and 170 participants at Kildonan-East Collegiate. The Balance program then switched from working with larger groups to a more intimate focus while working with Alison Johnston and the Brandon Teachers' Association and the Teacher Led Learning Team with Danielle Fullon Kolton.

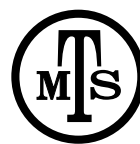
Thanks to the efforts of Bonnie Morris and Adam Grabowski of Park West Teachers' Association and Jonathan Waite and Rebecca Abraham from Seine River Teachers' Association we were able to provide Balance booths for PD Days with posters and educational material on financial literacy, physical activity guidelines, stress management and nutrition.

Now that the year is underway, have you given some thought as to how Balance can help with your annual planning? Let us know how we can help.

Robyn Braha
Wellness Coordinator

I tried out a second recipe from Balance magazine. The Vegetable confetti quinoa is another hit for me. I substituted chicken broth for the vegetable broth. What I like about both of the recipes I've tried are that the ingredients are readily available (which is important for me in Flin Flon) and they're ingredients that I keep on hand for the most part. Thanks so much for your efforts towards this magazine. I will be glad when it's online as mine is getting ratty looking from "cooking" fingerprints.

– Beatrice Walker



The
Manitoba
Teachers'
Society



BALANCE
mind body spirit
THE MANITOBA TEACHERS' SOCIETY

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enjoy life more DAY 2

Focus on the positives:

Write down 3 things that went well today. What was your role in it? Do this before you go to sleep and reflect on the good things of today. Being grateful can enhance your mental well-being.

– Courtesy of Winnipeg Regional Health Authority



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Frequent coughing and throat clearing



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Getting to Better™: The meaning in your wellness



By **Stephen de Groot**, Myriad Consulting www.stephendegroot.com

The first publication emphasized that Getting to Better™ starts with you. It encouraged a reflection on your career and life to consider when you were feeling and/or doing better and, to specifically focus on your needs, values and goals at that time.

This publication is intended to lay the foundation for your personal plan for Better wellness. It will encourage you to consider the MEANING of wellness for you; to reflect on and consider your specific needs and values for feeling and doing better at work and in life.

Discovering and connecting with your needs and what you feel is most important to you will be helpful as you move closer

to Better wellness. Your needs and values will operate as a foundation for you to set meaningful and valuable wellness goals, so that you may move towards what you define as Better.

Personal Wellness: A Connection to Most Meaningful

Wellness is a very personal and subjective experience that holds particular and relevant meaning for people striving for and living in Better. Generally, people are feeling and doing well, really well actually, when they are living and working in an environment that is positive, supportive and meaningful.

Meaningful is experienced when our needs are being met to some degree and, we are operating in line with our values and/or what's most important to us. Therefore, an important aspect of Getting to Better is identifying and connecting with our needs and values, so that we may set goals to move closer to what gives us the most meaning; closer to Better.

Meaning Making: Connecting with and Understanding Your Experience

One thing I know about helpers is that they often put the needs of others before their own. I also know from thousands of conversations that, because work and life

continue to get busier for most of us, we can become dislocated to differing degrees, from our values and/or what's most important to us. Therefore, unfortunately and unintentionally, we may not always know what we need and value most in all moments.

Meaning Making is the term I use to describe the process of identifying and connecting with our needs and values within our day-to-day experiences. While the Meaning Making Process, in its' entirety, is beyond the scope of this article, there are several questions that may help you make meaning of your Better experiences; that is, they are helpful in identifying and connecting you with important needs and values that contribute to your Better wellness.

Meaning Making Questions

- *What do I know about THIS from my perspective?*

THIS refers to the focus of meaning making: it could be an object, person, place, behavior and/or situation.

- *What needs are being fulfilled and or/met in THIS?*
- *What values are operating? What is most important to me right now?*

The following two questions, which I refer to as the Million Dollar Questions, can help illuminate meaning (including needs and values embedded in the meaning) almost immediately.

- *What difference does THIS make?*
- *How helpful is THIS for you?*

Example:

Steve: When have you been doing Better?

Shelley: 3 years ago at the last school I was at.

Steve: What do you know about that last school, 3 years ago?

Shelley: I'm not sure, entirely...there was more connection and it was fun.

Steve: What difference does connection make for you? How is fun helpful?

Shelley: They are both important. I appreciate relationships that are positive and meaningful. Things have seemed so busy; I have lost touch with that. And it's been a while since I've had fun at work. Both of those things help alleviate stress. They also make the day go faster. I love work. I love it more when it is fun. Also, laughter is a important source of my healing. I really need to laugh.

In this short conversation, if we are really listening and looking for the needs and values that are important to Shelley, we can start to get an idea of the things that will help move her closer to Better wellness.



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Your Needs and Values of Better Past, Better Present and Better Future

We can all benefit from the Meaning Making process to identify and connect with the needs and values that help us feel and do better in work and life. Identifying the things that give us the most meaning and value is a great precursor to setting goals for moving to Better wellness.

We have all experienced Better. We are all, to differing degrees in moments, experiencing Better currently. Most of us can consider what Better might look like and/or feel like in the future. Therefore, these are the best places to search for important and personal needs and values.

Use the Meaning Making Questions as you move through your reflections.

Better Past

The last publication encouraged a reflection on Better Past so that you could identify and connect with the things, people and qualities that provided the greatest meaning for you. Try to connect with the needs and values of those times. What needs did you have that were being fulfilled? What was happening that was

most important to you? How did these things align with your values?

For each item consider:

- *What difference does THIS make?*
- *How helpful is THIS for you?*

Better Present

Sometimes life and/or work can get challenging and seem really tough; almost like "nothing" seems to be going right. However, if we look with diligence, it is not all bad. Currently, where do you feel the most engaged and/or excited, even if it's just a little? Currently at work and/or in life where does the greatest meaning exist for you? Try to connect with the needs and values of those times. What needs are being fulfilled? What is happening that is most important to you? How do these things align with your values?

For each item consider:

- *What difference does THIS make?*
- *How helpful is THIS for you?*

Better Future

What does Better look like in the future? What will be Better? What will be happening? Where will you be? Who will be there? What will you be doing and/or saying that will indicate things are Better? How will you be feeling? Use your imagination to envision something meaningful.

Once you have a detailed picture consider: What needs are being fulfilled in the future? What will be happening that is most important to you? How do these things align with your values?

For each item consider:

- *What difference does THIS make?*
- *How helpful is THIS for you?*

Identify with Important Needs and Values

It is important to look for consistency in the operation of needs and values; they represent the greatest threads of your Better wellness. What needs and values were most prominent and consistent in the Past, Present and Future reflections on Better?

Needs and Values Form the Basis for Important Goals

Once you have identified important needs and values, it is time to set goals.

Goals are the mechanisms by which our values lead to action so that we can, to the extent possible, accommodate the fulfillment of important needs. Goals are instrumental and operate as a necessary means to help us all move closer to Better.

Setting effective goals for Better wellness will be the feature of the next article. **B**

Vocal hygiene: Frequent coughing and throat clearing



By **Caitlin Buchel, RSLP, SLP (C), M.Cl.Sc.**, Buchel Speech & Language Group

You are explaining a math problem to your class when you feel a familiar tickle in the back of your throat. You try to clear it, but that doesn't seem to help. So, you cough loud and hard. What impact could these seemingly small behaviors have on your voice?

Throat clearing and coughing are habits that not only affect your voice but can also be self-reinforcing. The delicate tissues lining your vocal folds are built to come together smoothly and gently, hundreds of times per second, to produce your voice. When you clear your throat or cough, you are actually slamming your vocal folds together in a way that can easily cause damage and swelling. This swelling can then lead to the feeling of "a tickle" or "something in your throat", giving you the urge to clear your throat or cough again. This can become a vicious cycle, resulting in increasing damage to your vocal folds and increasing voice problems.

So what can you do if you have developed these habits already? First, it is extremely important to have any unexplained coughing or throat clearing investigated by your doctor. This will help identify any underlying causes that need to be addressed. After doing this, you can take steps to address these habits.

Addressing these habits can begin with becoming aware of how often you are throat clearing or coughing. In fact, many people are not aware of how often they cough and clear their throats. Record yourself when teaching in your classroom or chatting with friends. If you are comfortable, you can also ask a friend or colleague to alert you when you clear your throat or cough.



Once you are aware, try to substitute a different behavior for your throat clearing. Keep a water bottle close by and whenever you feel the urge to clear your throat, take a small sip and think about swallowing hard. If that doesn't work, try a silent throat clear: close your mouth and make a hard "h" sound like in "help", followed by a swallow. This should be silent because, instead of slamming your vocal folds together, you are leaving your vocal folds open and only pushing air through them.

Like any habit, eliminating throat clearing will not happen overnight. It takes lots of practice and persistence so don't get discouraged! If you are able to substitute a sip of water or silent throat clear even once during the day, see that as success and build on it!

Vocal Hygiene Tips

1. Get checked out! Have any frequent throat clearing or coughing checked out by your doctor.
2. Be on the alert! Increase your awareness of your throat clearing and coughing. Use recordings or ask others to alert you when it happens if you are unaware of this behavior.
3. Sip and swallow hard! When you feel the urge to clear your throat or cough, take a sip of water and swallow hard.
4. Silent H! Use a silent throat clear by closing your mouth and making an "h" sound, followed by a swallow. **B**

Caitlin Buchel is the owner and managing clinician of the Buchel Speech & Language Group, a private speech-language pathology (SLP) practice offering services in Winnipeg, and throughout Manitoba.

Keith's corner: What are you thinking right now?



By Keith Macpherson www.keithmacpherson.ca

"Have a mind that's open to everything and attached to nothing". These few words spoken by my favourite author, Dr. Wayne Dyer have been printed out and posted on my wall since 2006. This was one of those years where everything in life changed for me.

I had just ended a relationship and was experiencing major heartbreak. I was empty and looking for some inspiration to cure my broken heart. I had just finished watching Wayne Dyer give a lecture on PBS where he had referenced this aforementioned quote from his book and it stuck with me. I felt like a switch had turned on and life became clear again. There was some comfort in knowing that I didn't have to stay attached to the way my relationship was. In fact, these words encouraged me to open up my mind and be open to all possibilities.

Very soon after I had posted this quote up on my wall I was invited to a call-back audition for the reality TV show Canadian Idol and ended up placing 10th on the program. In the same week I was informed that a house which I had recently put an offer on was successfully accepted and further to this I was writing more music than I had ever before. Something within me changed. Looking back at this time, I realize that this was one of the first conscious times in my life that I decided to surround myself and my living environment with positive affirmations, quotes and creative artwork that made me feel good about my life. It has been said that "thoughts become things".

Our thoughts are directly influenced on a daily basis by who we spend time with and what we surround ourselves with. As I became more and more aware of this law in the universe I started playing books on tape in my car instead



of listening to the latest new stories that were filled with fear, fear, fear! I even went so far as to program my phone to text me daily affirmations to remind me to keep my thoughts in check. The world is what you think it is! There is no getting around it! According to Louise Hay, "the thoughts we think on a daily basis will either beat us up or build us up".

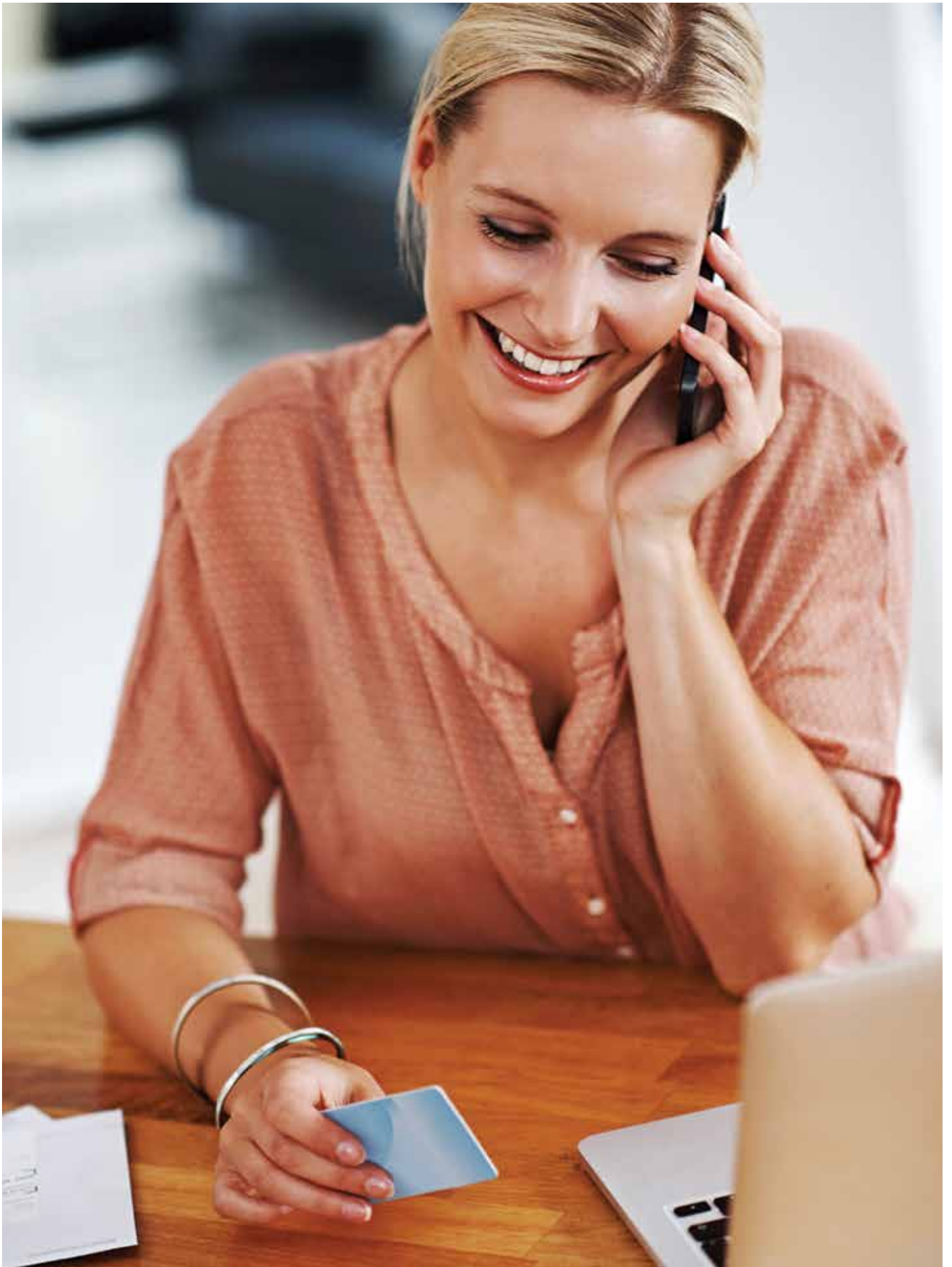
As we move through this year, no matter what kind of year it has been for you so far, I would like to offer you a few positive affirmations that you can post on your walls in your living environment. Let these positive messages remind you to stay aligned in your thinking, knowing that everything that shows up in your life is a reflection of the thoughts you are both consciously and unconsciously thinking. I invite you to use some of these listed affirmations or even make up your

own and post them around your house and work. Have fun with these and get creative! Make this an opportunity to really dream what it is you want to feel and think on a daily basis and let the words and affirmations you write down resonate with you all the way down to a physical level.

Here are a few of my favourites!

1. Life loves me!
2. This is perfectly on time for you!
3. I am open to all good!
4. I am enough!
5. The journey of my life is one step at a time!
6. BE PRESENT! **B**

Keith Macpherson is a motivational speaker, yoga instructor, life coach and recording artist. For more information and to sign up for Keith's daily intention emails visit <http://www.keithmacpherson.ca>



Understanding your credit report

Courtesy of Consolidated Credit

A credit report is what it sounds like, a report that contains facts about your debt repayment history, and many lenders use this information to determine if you qualify for credit.

To obtain a copy of your credit report you can contact the top three credit bureaus or go to Annual Credit Report.com to request your free credit report. By the way, you are eligible to receive one free credit report each year, by law, and you can take advantage of that perk to properly monitor your credit history. If you want to call for a free report Equifax, Experian and TransUnion share this number 1-877-322-8228. Just call and request one from each.

What is on a credit report?

When reading your report look for these elements:

- **Personal information:** Your name, current and previous addresses, spouse's name, date of birth, Social Security Number, telephone number, place of employment, etc.
- **Credit history:** Name, identification number, date account was opened, credit limits, current balance, monthly payment amounts, credit and debt repayment history, and payment frequency among other things.
- **Credit inquiries:** When you run a credit report, inquiries appear on your report. Bankruptcies, judgments and lawsuits also appear on it. This reveals credit activity to your creditors. This also lists everyone who has asked to see your report in the past two years.
- **Public records:** Includes things like bankruptcy filings, tax debt issues with the IRS or your state, and third-party collections accounts.
- **Consumer statements:** These are statements of 100 words or less written by you explaining any circumstance that has impacted your credit history.

Once you apply for your first loan or credit card, your credit report is created. Banks, credit card issuers, landlords, even potential employers can legally review

your credit report. Once you receive the report become better acquainted with the language they use.

Understanding the terms used on a report

In order to make sure you are reading your report correctly it's important to understand the terms used by the credit bureaus. They include:

Current: this means you are making or have made timely payments. Even if you don't have a balance or the account is closed it may still appear as current.

Paid: it means a specific account is "closed." Even if you have paid off an account it's not considered paid unless it's closed to new changes.

Late payments: this refers to a payment that was late or delinquent and will stay on your report for seven years even if you pay your bill in full at a later date. Credit reports include columns listing the number of times consumers have been 30, 60 and 90+ days late. It's best if those columns are filled with zeroes.

Once you get a better understanding of the terms and layout of the report, carefully check for errors.

How to check for errors

A Federal Trade Commission report found that one in five consumers could have a meaningful error in their credit reports that would negatively impact that consumer's credit score. Check for these top three errors that could signal trouble.

1. Inaccurate information such as late payments when you know you paid on time.
2. Variations in your name or strange addresses. This could mean your information is being confused with someone else's.
3. Debts you didn't charge or inquiries for loans you never applied for. This could indicate someone is trying to steal your identity or use your credit for their purposes.

If you don't understand something on



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your report or suspect identity theft, call the toll free number and ask for help. The credit bureaus can put a fraud alert on your file.

Preventing errors on your credit report

1. Use your same name on all credit card and loan applications. For example, Richard A. Consumer should not use his middle initial on some accounts and not on others, or use Rick when applying for accounts.
2. Always provide a Social Security number when applying for credit. This helps prevent creditors from mixing up your information with someone with the same or similar name.
3. List your current and previous addresses for the past five years on credit applications. This helps credit bureaus link together your credit history.

Not happy with your credit report?

If you're struggling with debt, there's a good chance the difficulty is starting to be reflected on your credit report in the form of late payments and new collections accounts. We can help you eliminate your debt so you can regain control and rebuild your credit. Call Consolidated Credit today at 1-800-320-9929 to speak with a certified credit counselor. **B**



Our love-hate relationship with feedback



By Danielle Fullan Kolton, PhD, The Manitoba Teachers' Society

Feedback is not just what gets ranked; it's what gets thanked, commented on, or invited back or dropped. Feedback can be formal or informal, direct or implicit; it can be blunt or baroque, totally obvious or so subtle that you're not sure what it is (Stone & Heen, 2014, p. 3).

It's complicated. Period. Receiving feedback, in particular, is layered with emotions, interpretations, identity

issues, relationship dynamics, and even biology. On the one hand, it's fodder for our growth and development; as teachers and lifelong learners, we get this. On the other hand, it may be unhelpful, off base, or poorly delivered. Love it or hate it, it is a central part of learning and also employment.

Stone and Heen (2014) explain that the tension between our biological

desire to learn and our need to be accepted is where the internal conflict with feedback begins. We want to hear it (sort of) but it can trigger emotional turmoil that interferes with our ability to talk about it, get more information, or even process it in a productive way.

Yet, there is a way to change the dynamic of those conversations by becoming informed and mindful

about personal patterns of how you receive feedback. Most people have a feedback footprint that describes their needs, emotional triggers, sensitivity factors, and reactive behaviours:

Needs

There are three types of feedback: appreciation (thank you); coaching (there is a better way); and evaluation (this is where you stand). If what you need/want is appreciation and what you get (unexpectedly) is coaching, this gap creates friction which makes it difficult to focus on the content of the feedback.

Emotional Triggers

Truth Triggers occur when we disagree with the content of the feedback; it is perceived as untrue or unfair. Sometimes, the feedback is generic and vague and we don't know what it means or how we might change. *You are wrong. That's not helpful.*

Relationship Triggers are based on an issue with the judgment, credibility, or motives of the feedback provider, so you give yourself permission to dismiss the content based on this disregard. In these instances, receivers may "switchtrack" or switch the soundtrack of the discussion away from the content and towards the relationship issue thereby defeating the topic of "what" and shifting it to "who." *Who are you to say? You are the problem, not me. That was so rude. I don't like how you treat me. I do not feel appreciated, accepted, and or trusted by you.*

Identity Triggers. When feedback threatens the story you tell yourself about who you are and what the future holds, it is unsettling. Our feelings about that discomfort can distort the feedback itself. *I screw everything up. People will discover I don't know. This is overwhelming, I feel ashamed, I feel threatened.*

Sensitivity Factors

Your tendency to contain or intensify your reaction to feedback is related to genetic temperament, and this impacts the intensity and length of time that you will have an emotional response. We are also hard-wired to remember unpleasant experiences longer and stronger than good ones which is why you may dwell on one

criticism and forget the compliments that came with it.

Reactive Behaviours

We all have survival mechanisms that protect us from perceived threats. In feedback situations, you may be a blame absorber (it's all me and I will fix the problem) or a blame shifter (it's not me, the causes are all external to me). Perhaps you take the conversation down a rabbit hole of different issues to deflect from confusing, ambiguous, or vulnerable topics that you don't feel equipped to discuss.

Understanding your feedback footprint is the first step, and having a toolbox of questions and responses to stay in conversation is equally important. The next time you find yourself on the receiving end of feedback try on some of these strategies:

Defuse Yourself:

- Be aware of your own triggers
- Recognize your reactive behaviours
- Stop negative self-talk
- Manage body stress
- Breathe

Become Curious. Ask:

- Can you give me an example?
- Can you say more about that?
- Tell me more about what makes you say that.
- What did you see me doing that's getting in my own way?
- How did that impact you?
- What are you worried about?
- Can you help me get perspective on your feedback?
- What could I change that would matter most?

Disagree Respectfully:

- I am not willing to agree with that generalization.
- I am uncomfortable with some of the words that you just used.
- That seems unfair to me. Do you really feel that way?
- I have a different opinion, but I'm willing to listen and share
- Here is an example of how I feel differently...

You are the most important person in your own learning, and though others may lack skills in delivering the message, you have the power to manage how you respond and learn. For more information about how the



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Professional and French Language Services department can help you develop skills in giving and receiving feedback, please contact Danielle Fullan Kolton dfullankolton@mbteach.org. **B**

Resources:

Abrams, J. (2009). *Having Hard Conversations*.

Patterson, K. & Grenny, J., McMillan, R., & Switzler, A. (2011). *Crucial Conversations*.

Stone, D., & Heen, S. (2014). *Thanks for the feedback: The Science and Art of Receiving Feedback Well even When it is Off Base, Unfair, Poorly Delivered, and Frankly, You're Not in the Mood*.

10 easy steps to save food and money: Waste less, eat better

By **Cara Rosenbloom, RD**, Courtesy of the Heart and Stroke Foundation

If you've ever guiltily tossed rotting spinach from your fridge directly into the garbage, or forgotten the leftover stir fry until it's green and fuzzy, you're not alone. In fact, Canadians throw away \$27 billion worth of food every year. That's more than the value of all meals Canadians purchase in restaurants each year!

You might think most food waste comes from the restaurant, grocery or food processing sectors. But these businesses know that money is the bottom line, and work hard to reduce food waste. The real culprit? Canadian families, who generate more than 50 per cent of the food that is thrown away.

Cooking more at home is an important part of healthy eating. These steps will help you reduce waste in your kitchen:

1. **Don't overload your plate.** When serving meals, take small amounts and opt for seconds if you're still hungry. Put even less on your children's plates; they rarely eat everything they are served. Pack up the leftovers to enjoy tomorrow.
2. **Make a list.** Before you shop, see what you already have on-hand. Buy only what you need, in amounts that your family can eat before it spoils. Food purchased in bulk is not a good deal if you throw most of it away.
3. **Fix up your fridge.** When you unpack your groceries, put the fresh-bought foods to the back and use up last week's items first. Try putting a white board on the fridge door to remind everyone what leftovers are inside. And instead of letting vegetables go limp, peel, cut and store them at eye-level for quick and healthy snacks.
4. **Cook with all parts.** Too often, we toss edible food – from bread crusts to celery leaves to beet greens. If it's edible – eat it! This recipe for *chunky roasted vegetable soup* will show you



- how. Making use of all of the food in your fridge can inspire you to cook new and innovative meals – and cooking from scratch is a great way to stay healthy.
5. **Repurpose leftovers.** Don't toss the cupful of leftover pasta, half chicken breast and tablespoon of peas. Instead, use them in salad or add them to broth for easy soup.
 6. **Cool the fridge.** Use a thermometer to ensure your fridge temperature is between 0-5°C (32-41°F). Food stays fresh longer when the fridge is properly chilled.
 7. **Use your freezer.** Loaves of bread, bushels of berries, nightly leftovers and other perishable foods can be frozen to prolong their freshness.
 8. **Cook up your fruit and vegetables.** Fruit that's overripe but not mouldy is perfect for smoothies, fruit sauce and baking. Toss vegetables into soups, stews or casseroles.

9. **Cook once, eat twice.** Make large batches and use the leftovers for a different meal on night two. Try our Chili-rubbed pork tenderloin and sweet potatoes and turn it into Pork tenderloin and bean stew tomorrow.
10. **Understand best-before dates.** You can buy and eat foods after the "best-before" date has passed, since these dates are not indicators of food safety. They only outline the time frame in which the food has optimum freshness, flavour and nutritional value. Remember, best-before dates apply to unopened products only. Once opened, the shelf life of a food may change.

Finally, since some food waste is unavoidable, set up a compost bin for fruit and vegetable peelings. It will become valuable fertilizer for your indoor plants and outdoor spring gardening. **B**



Chunky roasted vegetable soup

Prep time: 20 min

Cook time: 55 min

Makes: 7 servings

Roasting vegetables adds lots of flavour and you can combine a mixture of what is in your fridge.

- 1 bunch of yellow, orange or red beets, with greens
- Half a head of cauliflower, chopped
- 1 carrot, chopped
- 2 stalks of celery with leaves, chopped
- 6 cloves of garlic, minced
- 1/4 cup (50 ml) orange juice
- 2 tsp (10 ml) curry powder
- 1/2 tsp (2 ml) each ground cumin and coriander
- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 2 cups (500 ml) sodium reduced vegetable broth
- 2 cups (500 ml) water

Directions:

1. Cut beet greens off beets, wash well. Chop enough greens to make 4 cups (1 L) and set aside. Peel beets and chop.
2. Combine chopped beets, cauliflower, carrot, celery and garlic in a bowl. Toss with orange juice, curry powder, cumin and coriander to coat. Spread vegetables onto a parchment paper lined baking sheet. Roast in a preheated 400 F (200 C) oven for about 30 minutes or until golden and tender crisp.
3. In a saucepan, heat oil over medium heat and cook onion for about 3 minutes or until softened. Stir in beet greens and cook for about 6 minutes or until wilted. Add roasted vegetables, broth and water. Bring to a boil.
4. Simmer, covered for about 15 minutes or until vegetables are tender.

Per serving (1 cup): Calories 68, Protein 3 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 12 g, Fibre 3 g, Sodium 220 mg, Potassium 414 mg



Chili pork tenderloin, sweet potatoes

Prep time: 20 min

Cook time: 40 min

Makes: 6 to 8 servings

Tuck this one-pan meal into the oven, and you'll have time to prepare a salad and set the table.

- 1/4 cup (50 ml) orange juice
- 2 tbsp (25 ml) chili powder
- 1 tbsp (15 ml) dried oregano leaves
- 2 tsp (10 ml) Dijon mustard
- 2 cloves garlic, rasped or pureed
- 3 pork tenderloins, about 2 1/2 lb/1.25 kg total
- 2 sweet potatoes (about 1 1/2 lb/750 g), peeled and sliced
- 1 onion, sliced
- 8 oz (227 g) green beans, trimmed
- 1 cup (250 ml) sodium reduced chicken or vegetable broth
- 2 tbsp (25 ml) cider vinegar
- 2 tbsp (25 ml) chopped fresh parsley
- 1/4 tsp (1 ml) fresh ground pepper

Directions:

1. In a large bowl, stir together orange juice, chili powder, oregano, mustard and garlic. Add pork tenderloins and rub paste all over; set aside.
2. Lay potatoes and onions in a roasting pan and sprinkle beans over top. Drizzle broth and vinegar over top and sprinkle with parsley and pepper. Place pork tenderloins on top.
3. Roast in preheated 400 F (200 C) oven for about 40 minutes or until pork tenderloin reaches 155 F (68 C) and vegetables are tender crisp.
4. Thinly slice tenderloins and serve with vegetables.

Per serving: Calories 296, Protein 33 g, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 71 mg, Carbohydrates 26 g, Fibre 5 g, Sodium 227 mg, Potassium 911 mg



Pumpkin, chocolate, cheddar muffins

Prep time: 20 min

Cook time: 25-35 min

Makes: 16 muffins

These moist muffins deliver the perfect balance of sweet and savoury.

- 2 eggs
- 2/3 cup (160 ml) brown sugar
- 1/4 cup (50 ml) vegetable oil
- 1 cup (250 ml) homemade or store-bought pumpkin purée
- 2/3 cup (150 ml) 1% milk
- 1/2 tsp (2 ml) pure vanilla extract
- 1 cup (250 ml) wheat bran
- 1 cup (250 ml) quick-cooking oat flakes
- 1 1/2 cups (375 ml) unbleached flour
- 2 tsp (10 ml) baking powder
- 1 tsp (5 ml) baking soda
- 1/3 cup (75 ml) bittersweet chocolate chips or chunks
- 3/4 cup (180 ml) lower fat Canadian Mild Cheddar, diced or 1/2 cup (125 ml) regular Canadian Mild Cheddar, diced

Directions:

1. Preheat oven to 350 °F (180 °C).
2. In a bowl, using an electric mixer, beat the eggs with the brown sugar.
3. Add oil, pumpkin purée, milk and vanilla extract.
4. In a large bowl, mix remaining ingredients and make a well in the centre.
5. Pour liquid ingredients into the well and mix just until combined.
6. Divide batter into a muffin pan, using paper muffin cups.
7. Bake in oven for 25–30 minutes or until a toothpick inserted in centre comes out clean.

Per serving (1 muffin): Calories 191, Protein 6 g, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 25 mg, Carbohydrates 27 g, Fibre 3 g, Sugars 9 g, Sodium 194 mg, Potassium 182 mg

RECIPES FOR HEALTHY LIVING

Being active makes you smarter – and other secrets

By Matt Mayer, MSc, Courtesy of the Heart and Stroke Foundation

You're tirelessly working out but still can't hit the magic number on the scale. Don't pull the plug on the treadmill just yet.

Although weight loss may be your main reason for getting active, the benefits are so much broader. Here are some workout perks that may surprise you.

Total tune-up: Physical activity lowers more than scale readings; it also reduces your risk of heart disease and stroke. Breaking a sweat helps manage risk factors including high blood pressure, high triglycerides, diabetes, and high cholesterol. Plus, the impacts your body endures during regular physical activity build bone mass (or prevent its loss), which can help prevent osteoporosis.

Brain booster: Stepping away from your desk may seem unthinkable on a busy work day, but an active break is one of the best ways to recharge your mental batteries. Research has shown that your decision-making, productivity, and quick thinking are heightened after just 30 minutes of aerobic activity.

Stress buster: Everyone handles stress differently but the results are generally the same: irritability and deterioration of your health. A brisk walk or run takes you away from your stressors physically and mentally, giving you time to re-evaluate. And regular activity can help condition your body to handle stress by improving your self-perception and trait anxiety (how you react to stress), reducing your blood pressure and regulating your heart rate.

Pain reliever: Chronic lower back pain can leave you bedridden and inactive. Yet inactivity may make the situation worse. For some, training the core muscles can help stabilize the back and reduce back pain by improving strength and flexibility. Improving your conditioning is not limited to your back. Talk to your physician to learn if an activity program could help reduce or eliminate some chronic pain.



Sleep aid: Can't resist hitting the snooze button? Sleep disturbance becomes more common with age, but going short on z's can cause depression, anxiety, and cognitive impairment. Getting active can help you fall asleep faster and experience longer periods of slow-wave sleep – key indicators of more restful sleep.

There are many other benefits of regular physical activity; focusing on the ones that matter to you will help you make it a priority. But don't take my word for it! Schedule 30 minutes of activity,

in periods as short as 10 minutes, every other day (or more) this month and see how you feel.

• Don't let disease and disability steal your dreams of active retirement years. Start today to change your future.

Before starting any physical activity routine, please check with your healthcare provider. **B**

Matt Mayer is an exercise physiologist with the Heart and Stroke Foundation.



HAPPY HALLOWEEN!

Dark and gloomy berry smoothie

Prep time: 5-10 min
Makes: 3 servings

This smoothie is not only rich in flavour, it's rich in goodness! This gloomy- coloured smoothie packs blueberries, bananas, milk and a handful of spinach. Halloween, after all, is all about disguises!

- 1 1/2 cups (375 ml) 1% milk
- 1 1/2 cups (375 ml) loosely packed fresh baby spinach
- 1 cup (250 ml) frozen blueberries
- 1 banana, peeled
- Pinch ground cardamom or nutmeg
- 1 tbsp (15 ml) pure maple syrup

Directions:

1. In a blender, combine milk, spinach, blueberries, banana, cardamom and maple syrup and blend until smooth. Serve immediately.

The total sugar content in this recipe includes sugars that occur naturally in such nutritious foods as milk, fruit and vegetables. This recipe meets Heart and Stroke Foundation guidelines, which strictly limit the amount of added sugar per serving.

Per serving (1 cup): Calories 134, Protein 5 g, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 6 mg, Carbohydrates 26 g, Fibre 3 g, Sugars 20 g, Added sugar 4 g, Sodium 67 mg, Potassium 450 mg



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Appreciation
Balance
Credit
Enjoyable
Ergonomics

Healthy
Hygiene
Meaning
Positive
Relationship

Reorganize
Report
Trustworthy
Values
Vocal

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"I'm trying to squeeze 30 minutes of exercise into my daily schedule. Today I took 120 fifteen-second walks."



wellness TESTIMONIAL

On September 8th Kildonan-East Collegiate began their year with Balance, as wellness team member Stephen de Groot provided a 90 minute workshop on "Getting to Better™". Congratulations to everyone at the school for starting the year off with such a positive message.

In our quest to define ourselves at Kildonan-East Collegiate as a healthy school, we are including staff wellness. Being involved in the MTS initiative, Balance, is exactly what we needed to begin our journey.

*– Darwin MacFarlane, Principal
Kildonan-East Collegiate*

BALANCE
mind body spirit
THE MANITOBA TEACHERS' SOCIETY



The
Manitoba
Teachers'
Society

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