

BALANCE

WELLNESS MAGAZINE OF THE MANITOBA TEACHERS' SOCIETY

JANUARY/FEBRUARY 2016 | VOLUME 1 | NUMBER 4

Getting to Better™:

Relationship: The Most Important Element for Success and Wellness

Vocal Hygiene:
Acid Reflux and Your Voice

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Does Consumer Obsession
Lead us to Overspending?

Pack Lunch Like a Pro with
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editor's MESSAGE



Happy New Year and welcome back,

Start the year off with Balance! By this time of year many of us have already created and broken our New Year's resolutions. Let's take some of the self-inflicted pressure off and focus on the positive. How can we bring wellness to our own day-to-day lives and ensure this year starts off on a healthy note? We hope the articles in this issue of Balance will help provide some insight and guidance on how to get a great start to the year.

We want to send out a thank you to those who attended the 3rd annual Wellness Forum at the Pavilion Events Centre. We appreciate you taking the time to come out and hope you enjoyed all of the incredible presenters and information that was shared on that day. Now that the year has begun, and you have had some time to reflect on all the information that was provided, have you given thought as to what you want to do with this information now? After dedicating a full day to wellness education, let us help you to put it to good use. Balance is here to assist you with your wellness programming needs.

In case you missed the forum we were joined by Balance team members: Stephen de Groot who spoke about, "Understanding and Approaching Better Wellness", Carla D'Andreamatteo - "Balancing Healthy Eating with a Busy Life", Caitlin Buchel - "Finding Your Healthy Voice", Brian Denysuik - "Why Financial Literacy is Connected to our Overall Wellness" and Keith Macpherson - "Making Sense of Mindfulness". All of these Balance team members are available throughout the remainder of the school year for your wellness events.

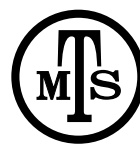
When you have a moment, go online at www.mbteach.org/balance and read about all the different programs that are offered through Balance. Get to know the presenters that provide articles for the Balance magazine and are working with our members to help promote wellness throughout the province.

We look forward to working with you.

Robyn Braha
Wellness Coordinator

Our apologies to the Park West Teachers Association

The Balance magazine had celebrated efforts of the Park West Teachers Association in bringing wellness programming to their members. In the previous Balance magazine another organization was noted. We wish to apologize for any confusion this may have created.



The
Manitoba
Teachers'
Society



BALANCE
mind body spirit
THE MANITOBA TEACHERS' SOCIETY

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enjoy life more DAY 4

Call two people who you feel close to or enjoy spending time with and thank them for being a part of your life.

Expressing and hearing affirmations is very healing and rewarding!

– Courtesy of Winnipeg Regional Health Authority, Mental Health Promotion Team WRHA

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Getting to Better™: Relationship: *The most important element for success and wellness*



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

If you are reading this article, there is a good chance that you are a human being and, you probably have a relationship with someone outside of yourself. Getting to Better is impossible without the support of other people. As a matter of fact, relationships are the single most powerful factor that contributes to success!

This article is about what most people refer to as the “obvious” or “common sense”; also known as “no-duh!” It is about relationships and the role they can play in the journey to Better.

A real dilemma

Relationships are important! Seems so simple, right?

As a helper, I continue to be amazed at how often relationships are claimed as being important to human learning and development but, how often the action to support that value falls short in actual practice.

Think about your most important goals and your current plans. Most of us have some form of health goals, career goals, financial plans and/or retirement plans. How many of us set goals or have

developed a plan for the most important aspect of our lives; our relationships.

A true story

I was presenting at a conference for social workers on the importance of strengths-based strategies for working successfully with the “difficult child”. At lunch, I was approached by a teacher who was looking for support with a situation that was causing her a great deal of stress. She told me that she was extremely anxious about a boy, in a lower grade, that she was going to have in her class next year. It was March!

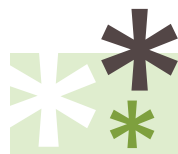
The boy was in grade 3 and already had quite the reputation throughout the school. He was described by others as “a little monster” or “hell-on-wheels”. He was known among many things as being hyperactive, aggressive, and argumentative; he had very poor grades and was not getting along well with teachers or classmates. According to previous teachers he was a “nightmare” to have in the classroom. She asked me, “Do you have any strategies for dealing with kids like this?” I replied, “Absolutely, it’s called relationship”. Before I made my suggestions I asked her, “Are there opportunities to interact with this boy now; like at lunch, recess or any other moments?” I smiled.

She had a confused look on her face, almost like she knew where I was going on this one, and with wide-eyes started to shake her head. She said, “No, no, no, I’m getting him next year, for the whole year! I don’t want to start dealing with him now!” I took some time to explain a variety of approaches, all of which required a positive relationship and knowledge of the boy’s needs and goals. I think I may have also added, “trust me” and offered several back-up plans.

I suggested that she, as often as possible, go to the boy under positive circumstances, when there was no stress and walk, have lunch and talk with him. I encouraged her to build the relationship by “getting in and out” in short durations at first. I encouraged her to stay in a little longer each time and to focus on the positives; what he was doing well and what she admired and/or appreciated about him. I encouraged her to get to know him, his family, what he likes, doesn’t like, and to focus on the things and people that were most important to him. This would give her a better chance at a good start in the fall.

We agreed, that if there were no problems, we would meet again part way through the year. We met for dinner in December of the following year. I was not surprised to hear her say, “He is an amazing boy. There are absolutely no issues.” In addition to this she added, “His marks are great and he is my star student who is a role model for other kids.” WOW!

I jokingly asked, “Is he on any medications?” She laughed and replied, “No. He has changed because we have a positive and mutually caring relationship and I know him really well.” I called to check in with this inspiring teacher the following year. She told me that at the



Think about your most important goals and your current plans. Most of us have some form of health goals, career goals, financial plans and/or retirement plans. How many of us set goals or have developed a plan for the most important aspect of our lives; our relationships.

end of the year he cried. He didn’t want to leave the class. His mother told the teacher that this was his “best year ever”.

Positive, caring relationships and success are inextricably linked

The above story is one of thousands I have where the greatest and most effective strategy was in building and/or strengthening the relationship. Think back to your greatest year in school. There is a high correlation that exists between most people’s best year ever and the year they experienced the best relationship with that particular teacher or set of teachers. As a matter of fact, if you think back to any of your successes, there is a good chance that a positive, caring and supportive relationship was integral to that success.

Leveraging relationships for success

Our greatest resource for effective learning and overall growth are the relationships we have with other people. Whether your focus is on enhancing a relationship with one person or a whole group of people, the following are some tips on how you may strengthen your relationships so that they may be leveraged for greater success and Better wellness.

Make relationships a priority

Making important relationships a priority means that we do more than just talk about the importance relationships hold. It is about actively engaging in this aspect of our lives in a manner that matches the importance we say relationship has. Simply put, this means that our actions are congruent and in line with what our words state as important.

Assess your own needs and values for relationship

It is important that, prior to setting goals

for your relationships, that you work to identify and connect with your needs and values around those relationships. What is it that you need in this relationship? What things are most important to you and for you? What values would you like to have honored and upheld in this relationship?

Making meaning of the needs and values within your experience was discussed in the article, *The Meaning in Your Wellness*.

Assess others’ needs and values for relationship

It is important to note that we all may not need or value the same things as others with whom we are in a relationship. Often we have similar needs and values, however, we can maintain differences in this area, as well.

Spend some time identifying and connecting with others’ needs and values around the relationship. What is it that they need in this relationship? What things are most important to them and for them? What values would they like to have honored and upheld in this relationship?

Set mutually agreeable goals for the relationship

Once you and the other person(s) have identified and connected with the needs and values for the relationship, you can work together to develop goals for the relationship that you can agree upon.

Some goals may include having more fun, talking to each other respectfully, starting with positives before introducing a negative, or doing a personal check in prior to getting to work.

The interplay of needs, values and setting goals was discussed in the article “Setting Effective Goals for Wellness”.

Start with strengths

Relationships can be challenging, even under ideal circumstances. This is one of the many reasons when working on them we start with strengths. This can be accomplished by focusing on the positive, what we are good at and/or the things that we are doing well already.

Relationships are worth the effort

Relationships are the most important aspects of all of our lives. They take a great deal of effort and are hard work. Because relationships are critical to our greatest successes and Better wellness, all of the effort is worth the many benefits! **B**

Vocal hygiene: Acid reflux and your voice



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

You hear your daily alarm and you ask your partner to turn it off. You notice your voice is hoarse, your throat feels a bit sore, and you feel the need to clear a lump in your throat. You cough and try to clear the feeling, but it is still there.

Acid reflux is a term familiar to some people, and describes when acid escapes from the stomach and comes back up the esophagus. When this stomach acid primarily affects the esophagus, it is called Gastro Esophageal Reflux Disease (GERD). When the reflux gets all the way up into the throat and spills into the larynx or voice box, however, it is called Laryngopharyngeal Reflux (LPR).

LPR can have a significant impact on your voice. Stomach acid and digestive juices can cause redness and swelling in the larynx as well as excess mucous. People often react to these issues with frequent throat clearing and coughing which can make swelling in the larynx, and any voice-related difficulties you are having, even worse.

LPR is often not associated with the “classic” symptoms of reflux such as heartburn or burping. Instead, common symptoms of LPR include excessive mucous or post nasal drip – a sensation of drainage down the back of the throat. It can also be associated with a feeling of a lump in your throat, a tickling or burning sensation, constant throat clearing or coughing, difficulty swallowing, a sore throat, or hoarseness. Many people notice these symptoms are worse when they first wake up.

If you think you are experiencing LPR, you should speak with your doctor, as they will be the one to diagnose your condition. If you do have LPR, management options include both medication and behavioral changes. Your doctor may discuss medication options with you, which can be trialed for a number of months to determine their usefulness. Along with



this, behavioral changes can help manage LPR and reduce or eliminate its impact on your voice.

You should consider your diet and how you eat. Avoid eating or drinking for two or three hours before lying down. Stay away from eating and drinking things that can promote acid production like tomatoes or citrus fruit. Chocolate, coffee, peppermint tea, greasy food, carbonated beverages, and alcohol are also known to relax the protective sphincters in our digestive system that are supposed to keep digestive juices in our stomach. In addition, try to consume smaller meals more frequently to avoid over filling your stomach.

You can also make a number of other small changes. Try raising the head of your bed 4-6 inches. However, do not use extra pillows, as this only elevates your head, and can actually put more pressure on your abdomen. Avoid tight and restrictive clothing around your midsection as this can increase upward abdominal pressure and encourage reflux. Smoking can also promote reflux, which is just another

reason to consider quitting. Finally, maintaining a healthy weight can help to reduce reflux.

Reflux and voice tips

1. Bedtime snacks are not your friend! Avoid eating or drinking 2-3 hours before bed.
2. Think before you eat and drink! Avoid food and drinks that promote reflux including tomatoes, citrus, caffeine, greasy food, alcohol, and peppermint tea.
3. Keep it small! Eat smaller, more frequent meals.
4. Use gravity while you sleep! Raise the head of your bed by 4-6 inches.
5. Go for a relaxed look! Avoid tight fitting clothing around your abdomen.
6. Make healthy lifestyle choices! Smoking and excess weight can both promote reflux. **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.



Does consumer obsession lead us to overspending?



By Brian Denysuik, Creditaid www.creditaid.ca

The desire to “keep up with the Joneses” has become more than a social status issue for many people. Also, it is very easy to get caught up in this during the holiday season. It has become a catalyst for overspending that has consumers running to banks and other lenders looking for ways to finance their purchases. This issue also has countless consumers loaded up with credit card debt so steep it may take them a lifetime to get out of it.

Give your financial literacy a good double-check, and if you are not already exercising the following financial practices, today is a great time to start:

- Pay bills on time and balance your cheque book each month. You can't know how much you can afford to spend if you don't know how much

you currently have to spend.

- Stop buying on impulse. If you want something, rather than charging it on your credit card and paying interest, save for the next few months and buy it when you have the money.
- Always pay more than your minimum balance on credit cards: Get rid of them as soon as possible. You will save money on interest and have more to save for the future.
- Vow to maintain only “good” debt. This is the type of debt that will increase your net worth: A mortgage on an affordable home, a car loan, or college debt. These will either increase your creditworthiness or make you more employable so you are able to earn more and keep debt to a minimum.
- Always include some savings in your

budget. Many short sighted people are unable to anticipate their needs after retirement and don't save. This results in financial difficulty during their retirement years.

- Find out what you don't know about finances—and learn it. Despite the flood of information on financial management, people don't take the time to learn.

Finally, in order to put a stop to this financial madness keep in mind the media pull for spending and don't be drawn into the hype. By being savvy shoppers and savers, the overspending and debt can stop. **B**

Brian Denysuik is a local credit counsellor and registered insolvency counsellor at Creditaid who has been in the financial services industry for over 30 years.



Keith's corner: Reflections on who you really are



By Keith Macpherson www.keithmacpherson.ca

Marianne Williamson has a quote that states, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us". A few summers ago my dad gave me one of the greatest challenges of my life.

We had just finished dinner and were having our Sunday night catch up (which is a family tradition around my house) when the topic of self-esteem came up. I was explaining to my dad how I was struggling with accepting myself and it was playing out in all sorts of ways in my life. He looked at me and said, "Keith, for the next week I challenge you to stand in front of the mirror when you get up in the morning, set a timer for five minutes and compliment yourself.

Revert back to the phrase, 'I love you' if you have nothing else to say to yourself in those five minutes". I don't know about you, but for me this was one of the most difficult challenges I had ever been tasked with. For the week following this dinner, I woke up every morning and made my way to the mirror, set a timer and complimented myself. It was incredible what came up when I started doing this practice.

Before even arriving at the mirror, thoughts crossed my mind along the lines of "who do you think you are", "you are so full of yourself", "you are wasting time with this when you could be spending your time on other things". Who was this voice in my head that had such resistance to the mirror work?

Every time I sat down in front of the mirror and started speaking to myself in positive affirmations the thoughts in my head would get louder thinking things like, "this is so cheesy", "you

don't mean any of what you are saying" and would even go so far as to literally pick out all the things that were wrong with my physical appearance. After a week of daily mirror work I started to become aware of what was actually taking place in my regular thought patterns. I had an inner critic running the show in my mind and working consistently to convince me that I was not deserving of positive affirmations. My awareness of this inner critic started to ripple out into daily conversations.

Anytime I would receive a compliment from someone I noticed myself down playing the compliment and even shooting it back as quick as possible with a counter-compliment to take the focus off myself.

A challenge that was given out by my father at a family dinner has turned out to be a full-time mindfulness practice. I have come to discover that one of the most important things we must do in order to be of true service in the world to others is to accept and love ourselves first. I know, I know, your inner-critic most likely just came up and said, "that is so selfish". Mine did too as I wrote that statement. However, it comes back to that old saying that states, "if we can't love ourselves first we will never be able to love anyone else". It all starts with self-acceptance.

In order to be a resonate and effective teacher, leader, life-coach, parent, social worker nurse and/or service-provider in the world, we must learn to truly accept who we are and love ourselves fully; flaws and all. Brené Brown summed it up best in the sub-title for her book "Gifts Of Imperfection". She writes, "let go of who you think you're supposed to be and embrace who you really are". Not only will you benefit from this



I would like to leave you with a few tips on how to get started on this journey of exposing the inner-critic and loving yourself truly as you already are:

1. Try some mirror work - I know it's terrifying at first, but the results you will get if you are able to spend 5 minutes a day giving compliments to yourself will pay off ten-fold in both your work and home life.
2. Schedule time for yourself in your day planner each week and treat it like you would any other appointment. During this time, do something for yourself that truly reminds you of how wonderful you are.
3. Practice saying "thank you" after receiving a compliment without needing to return it immediately.
4. Write down ten things you love about yourself and read them daily.
5. Give yourself a compliment in the mirror every time you wash your hands during the day.

mindfulness practice but everyone else around you will too. It's time to step up to the plate and embrace all parts of your-self! **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 inspiration emails visit <http://www.keithmacpherson.ca>



For the love of learning



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

True Confessions of a Teacher: I used to make my brother be my student: At seven years my junior, he had a hard time escaping the confines of my carefully planned lessons supported by back issues of Highlights magazines labeled MISS FULLAN in Sharpie marker. My parents indulged my passion for teaching by converting our laundry room into a classroom, complete with garage-sale acquired retro student desks and a blackboard. Amid the scents of Bounce, the sounds of the rinse cycle, and the fog of chalk dust, I became self-taught in the craft of teaching with a class of one diaper-

clad pupil. Flash forward some... many years and my passion remains the same; these days, I teach all over the province, and I am engaged with members and immersed in learning, both mine and theirs. This is my most happy place.

When I began a career in education, my focus was on the *teaching*, and it was all about pedagogy; the *what* and *how*. I can't lie: I also loved organizing my classroom and colour coding anything that wasn't moving. Over time, my focus has shifted to the *learning*, both mine and the participants of my workshops; the *what*, *how* and *why* of learning.

Teaching fuels my passion for lifelong learning: I am a teacher but perhaps more importantly, I am a learner. Lucy West (2012) calls this the **learning stance**, and it is both an identity and a way of being. It is about taking responsibility for my own learning by regulating my cognitive processes with increasing awareness and complexity. It is about getting curious and saying, "I don't know."

This learning stance is a necessary part of a **growth mindset**; that is, the ability to embrace challenges, practice intentionally, persevere through

frustrations, and look to the success of others to inspire action. Through the growth mindset lens, mistakes become fodder for learning; they motivate and instruct input. Carol Dweck, a Stanford psychologist, describes mindsets in her 2012 book, *Mindset: How You Can Fulfill Your Potential*. She contrasts the growth mindset with the fixed mindset which is a risk averse way of interpreting the world and an internal soundtrack of personal evaluation and judgement. With a fixed mindset, mistakes expose flaws, and challenges have a negative label. Over time, I have realized that a growth mindset is imperative to both my own learning and the learning of others. This means that I must be continually aware of my internal monologue and accept learning opportunities that might otherwise feel like failure.

You'd be hard-pressed to find a teacher who doesn't self-identify as a learner, but what does this actually look like in practice? There is an inherent tension between the idea of lifelong learning and the societal norms of teachers as knowers, doers, fixers, and experts, often within solitary conditions. Though it may feel vulnerable, the growth mindset becomes pivotal to our relationship with ourselves and our learners and it provides a safety net for going against a tradition of teachers as knowers.

In the book, *Change Your Questions Change Your Life*, Marilee Adams (2009) says that making the shift to being a growth-oriented lifelong learner is all about the questions that we ask, and she challenges people to judge less and ask more (see chart above).

In our quest as educators to balance teaching *and* learning, it helps to look inward first. What is one thing you could change tomorrow to learn and grow in more meaningful ways? Which of the following thoughts or tendencies are obstacles to your own learning stance?

- **Being unable to admit we don't know (I don't want to look stupid).**
- **Not knowing how to seek assistance (I have to do this by myself).**
- **Needing to look good (I have a low tolerance for mistakes).**
- **Having the pretense of knowing (I already do that, know that, have heard that).**



INSTEAD OF...	ASK...
What's wrong? Whose fault is it?	What happened?
What's wrong with them?	What are they thinking, feeling, wanting? What assumptions am I making? What are the facts?
What's wrong with me?	What do I want for myself, others, action?
Why bother?	What am I missing or avoiding? What can I learn? What's possible?
How can I save face?	What am I responsible for? What are my choices?

- **Not valuing what we can learn from others (I'm a professional, I don't need this training).**
- **Having a low tolerance for uncertainty or confusion (Show me how).**
- **Not having time (What is the point and how is it relevant?).**
- **Being overly serious (This is so important, there is no room for playful inquiry, laughter).**
- **Being cynical (Whatever, it won't matter anyway, this too shall pass).**
- **Confusing compliance with knowing (I want approval, I tend to comply without question).**
- **Confusing knowing with learning (I want to be right, I am not curious).**
- **Excluding emotions from learning (I hate math, I'm nervous whenever I have to share).**
- **Excluding the body from learning (I'm hungry, have a headache).**
- **Living in permanent assessment (I assess everyone and everything all the time).**
- **Judging yourself as you attempt to learn (I feel self-conscious, inhibited).**

- Adapted from *Metamorphosis* (2015)

Aside from no longer tying my student to a chair, I've come a long way from those laundry room teaching days. I strive to be more vulnerable in my work by seeking critical friends and allies in learning. I say, "I don't know" with increasing frequency, and I delve deeper and more playfully into learning by accepting the messiness and discomfort of the process. I (try to) talk less and listen more. This is inside-out work that takes self-awareness, courage, intellectual humility, and curiosity ... and sometimes a paper bag to breathe into.

If you are interested in exploring more about yourself as a learner, I recommend the books and websites listed in the reference list below. Our team in the Professional and French Language Services department is committed to supporting and learning with our members; contact us any time. **B**

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Tips from our dietitians: Pack lunch like a pro

By Federica Maraboli, Courtesy of the Heart and Stroke Foundation



Chopping veggies in advance will save you time in the morning.

We get it. Packing lunches for your work day – let alone healthy ones – isn't at the top of your "fun things to do" list, and it's easy to find excuses.

But while all of us grab the occasional lunch on the go, if you find yourself regularly picking up prepared meals or visiting the drive-through, your health may be taking a hit, not to mention your wallet.

Sure it takes a little bit of effort. But with the cooler weather luring us indoors it's a great time to start spending an hour or two during the weekend to plan your lunches for the week ahead. Here are some tips from the Heart and Stroke Foundation's registered dietitians.

Invest in good containers. Plastic works well if you're going to freeze items but glass is a better option for reheating in a microwave. Get a range of sizes, with snap-on lids.

Prep your veggies. Make life easy by pre-cutting raw veggies of your choice and refrigerating them in containers or ziplock bags.

Think batches. Colder weather calls for hearty meals simmering on the stove – a perfect Sunday morning activity!

Love your leftovers. What could be easier? Just make an extra portion or two at dinner, pack in containers and store in the fridge or freezer for an "instalunch."

Try new things. Expand your palate with our Toasted orange and quinoa salad, Roasted squash and parsnip soup, or Moroccan roasted vegetables. These make interesting meals or sides that can be paired with protein leftovers like chicken or beef.

Shake up your sandwich. Get creative. Try whole grain tortillas, pita bread, thin bagels or ciabatta bread. For proteins, try leftover fish, poultry, beef or even beans instead of the usual deli meat. Replace regular lettuce with arugula, spinach or even fresh basil

leaves, and use hummus, salsa, guacamole or pesto as spreads. Pack items separately to avoid them getting soggy.

Deconstruct your lunch. Think outside the sandwich box. Replace bread with rice crackers or organic tortilla chips, and match with quinoa, chicken or tuna salad, veggies or cubed cheese.

If in doubt, make salad. With a bag of prewashed greens in your fridge, it takes only moments to throw a handful together with some chopped veggies. Then just add protein such as low sodium canned black beans or chickpeas (drained and rinsed), tuna, cubes of prepared tofu or lower fat cheese, a sliced hard cooked egg, last night's chicken – or a combo. Carry lower fat dressing alongside.

Be smart about snacks. Don't forget to incorporate snacks like yogurt (plain is best), nuts, and fruit and veggies to keep you from making a dash to the vending machine. **B**



Toasted orange and quinoa salad

Prep time: 10 min
Cook time: 25 min
Makes: 6 servings

This colourful salad will surely take away any winter blahs in your house.

- 1 cup (250 ml) quinoa, rinsed
- 1 cup (250 ml) orange juice
- 1 cup (250 ml) vegetable broth
- 2 cloves garlic, minced
- 3 green onions, thinly sliced
- 1 carrot, shredded
- 1 red bell pepper, diced
- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1 cup (250 ml) frozen corn kernels
- 1/4 cup (50 ml) chopped fresh basil
- 1 large orange, peeled, segmented

Mustard orange vinaigrette:

- 1/2 cup (125 ml) orange juice
- 2 tbsp (25 ml) cider vinegar
- 1 tbsp (15 ml) Dijon mustard
- 1 tsp (5 ml) chopped fresh thyme leaves or 1/2 tsp (2 ml) dried
- 1/4 tsp (1 ml) fresh ground pepper

Directions:

1. In a nonstick skillet, toast quinoa over medium heat for about 5 minutes or until popping and turning golden. Pour in orange juice, broth and garlic. Reduce heat to low; cover and cook for about 20 minutes or until quinoa is tender and liquid is absorbed. Let cool and fluff into a large bowl.
2. Add onions, carrot, pepper, chickpeas, corn (thawed) and parsley and toss gently to combine.
3. Mustard orange vinaigrette: In a small bowl, whisk together orange juice, vinegar, mustard, thyme and pepper. Pour over salad and toss to combine. Gently stir in orange before serving.

Per serving (1 cup/250 ml): Calories 266, Protein 10 g, Total Fat 4 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 51 g, Fibre 9 g, Sodium 272 mg, Potassium 556 mg



Roasted squash and parsnip soup

Prep time: 15 min
Cook time: 45 min
Makes: 4 servings

Roasting the vegetables enhances their natural flavour in this nutritious soup.

- 3 cups (750 ml) chopped peeled butternut squash
- 1 cup (250 ml) chopped peeled parsnips
- 1 small onion, chopped
- 1 tbsp (15 ml) cider vinegar
- 1/2 tsp (2 ml) dried thyme
- Pepper
- 2 cups (500 ml) water
- 2 cups (500 ml) 1% milk
- 1 tbsp (15 ml) all-purpose flour

Directions:

1. Preheat oven to 400°F (200°C). Line a large baking sheet with foil and lightly oil foil. Combine squash, parsnips, onion, vinegar, thyme and 1/4 tsp (1 ml) pepper on baking sheet, tossing to coat. Spread out in a single layer. Roast for about 30 minutes or until brown and tender.
2. Transfer roasted vegetables to a pot and add water. Bring to a boil over high heat. Cover, reduce heat to medium-low and boil gently, for 10 minutes or until flavours are blended. Transfer to a blender in batches, or use an immersion blender in the pot and purée until smooth, adding some of the milk as necessary to purée. Return to pot, if necessary.
3. Whisk flour into remaining milk and gradually stir into pot. Simmer over medium heat, stirring constantly, for about 5 minutes or until slightly thickened (do not let boil). Season to taste with pepper.

Per serving: Calories 138, Protein 6 g, Total Fat 1 g, Saturated Fat 1 g, Cholesterol 6 mg, Carbohydrates 28 g, Fibre 4 g, Sugars 11 g, Sodium 62 mg, Potassium 709 mg



Moroccan roasted vegetables

Prep time: 15 min
Cook time: 35 min
Makes: 7 cups (1.75 L) or 6 servings

With a hint of sweet in this Moroccan spice mix, these vegetables are a great side dish to any meat, poultry or fish.

- 1 red onion, cut into 8 wedges
- 1 sweet potato, cut into 16 wedges (about 1 lb/500 g)
- 2 tsp (10 ml) canola oil
- 1 bunch fresh thick asparagus, trimmed (about 1 lb/500 g)
- 2 cloves garlic, slivered
- 1 large red bell pepper, cut into 8 pieces
- 2 tbsp (25 ml) vegetable broth

Moroccan spice mix:

- 1 tsp (5 ml) ground ginger
- 1/2 tsp (2 ml) each ground cumin and coriander
- 1/2 tsp (2 ml) ground turmeric
- 1/4 tsp (1 ml) ground cinnamon
- 3 tbsp (45 ml) chopped fresh cilantro

Directions:

1. Moroccan spice mix: In a small bowl, stir together ginger, cumin, coriander and cinnamon; set aside.
2. In a large bowl, combine onion and sweet potato with oil and Moroccan spice mix until well coated. Spread onto large baking sheet lined with parchment paper and roast in 425 °F (220 °C) oven for 15 minutes.
3. Meanwhile, cut asparagus in half crosswise and combine with garlic, pepper and broth. Remove baking sheet from oven and add asparagus mixture, stirring to combine. Return to oven and roast for 20 minutes or until vegetables are golden and tender.

Per serving: Calories: 9, Protein: 3 g, Total fat: 2 g, Saturated fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 18 g, Fibre: 3 g, Sodium: 42 mg, Potassium: 442 mg

When looking to get organized start with your mindset



By Susan Macaulay, *Clarity over Clutter*

It is easy to have a passing thought of wanting to get organized or reorganize an area in your home, workplace, or for daily activities. It can feel so overwhelming you might end up not doing anything. Not knowing where or how to start can feel daunting.

We have all tried different ways in organizing our daily lives. Some ways are very successful and help us continue daily activities with ease.

Other areas may not be as successful and can cause delay in finding things, completing tasks on time, and causing stress both mentally and physically.

For some, purchasing the same item that is hidden in a disorganized space depletes finances. Getting organized starts with a change of mind.

Our mindset is where we have established ideas, thought patterns, habits and behaviors that affect our daily living.

Just like someone preparing for a marathon, they don't wake up one day and say "I'm going to run in the marathon today!" There is a lot of learning, training and building up to the event.

It is the same with the reorganizing process. Learning new strategies, skills, habits and behaviors, all take work and time.

A good way to start is to designate a notebook to write out all your thoughts of what you want in your reorganized home, work and life.

You can divide the notebook into the different categories: home – work – life

For example: under the section home – designate a page or two for each room or area of your home.

Under the living room heading for example – write down what functions or activities you would like to see carried out in this space. What furniture will be needed for these activities?



For some people, being very descriptive of what the room will look like with paint color, and including details of the accessories they want in the room, makes it clear for them to see their vision.

For others, a point form list for the room works best. The clearer your vision for each area of your home, work, and in your life is, the better it will be at helping you to change your mindset from what it has been up until now.

When thoughts and ideas are written out, they are processed differently. Knowing what you want will help to make it clearer.

Just like if you were to go on a trip, you would need to make plans.

The first thing would be to figure out where you're going. How long you're going to be away. What type of activities will you be doing on your trip. Once you determine these things, then you can put together the items you'll need to pack to enjoy your trip.

Also talk out loud while you are thinking of what you want each area to be like. Talking out loud helps you hear what you're thinking.

We all have physical habits and routines that we do without much thought.

Some examples are: putting on a jacket, holding the phone, or brushing our teeth. The list is endless.

Let's say you broke your dominant arm, reducing or eliminating the use of that arm in carrying out daily activities. You might think that you won't be able to get things done. Feelings and thoughts of defeat could be strong.

It is the same with making changes in your home, or changing up daily activities; you might have feelings or thoughts that could make you feel like it won't work.

With practice and perseverance, you will be able to change your habits, behaviors, and mindset.

I would like to encourage you to take some time to reflect on what you want your home, work and life to be like. While using your vision notebook, be aware that it could be uncomfortable and take time. Having a willingness to work at making the changes will be a good start to reorganizing. **B**

Top 10 ergonomic tips for the classroom

- 1. Sit/stand teaching** alternate between standing and perching on a teller stool to prevent static positions and fatigue.
- 2. Create a standing work station** for yourself on the side or back of the room.
- 3. Introduce 2 minute movement breaks**, every 30 minutes.
- 4. Avoid awkward postures** reduce writing on chalk/white board above shoulder height; use podium or standing height desk for reading books/documents to class.
- 5. Wear low heeled footwear** that supports the arch and cushions the forefoot, if standing the majority of the workday.
- 6. Keep a water bottle on your desk** to keep you hydrated and promote walking to fill up the bottle, and to use the bathroom on breaks.
- 7. Alternate using a therapy ball** with base, or use a Mov'n Sit cushion on your task chair to work on core stability.
- 8. Use good computer ergonomics** set up the keyboard and mouse at the same height; raise/lower the chair so wrists are flat on the keyboard (not bent); use a foot rest if feet are not supported on the floor; raise or lower the monitor so you are looking straight at the top 1/3 of the screen; ensure there is space between the edge of seat and behind the knee; raise back rest so lumbar cushion supports the curve of your low back.
- 9. Pin up stretching posters** and ergonomic guideline posters as a resource.
- 10. Injury prevention can start** with early identification of ergonomic risk factors in the classroom environment and recognizing the signs and symptoms of musculoskeletal injuries.

– Marnie Courage, OT Reg. (MB)
 Owner & Managing Director
 Enabling Access Inc.

wellness WORD SEARCH

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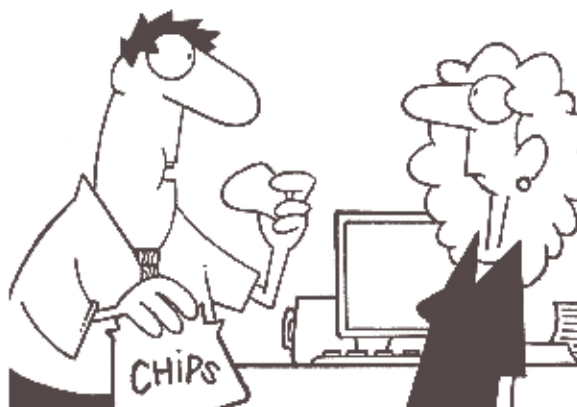
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Needs

Organized
Portion
Positive
Quinoa
Reflux

Relationship
Roasted
Smart
Success
Voice

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“They tried adding healthy snacks to the office vending machines, but all that rotting fruit made the candy bars taste bad.”



3rd annual *wellness* FORUM

We want to send out a sincere thank you to those who attended this year's Wellness Forum at the Pavilion Events Centre. We appreciate you taking the time to come out and hope you enjoyed all of the incredible presenters and information that was shared on this day.

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