

BALANCE

WELLNESS MAGAZINE OF THE MANITOBA TEACHERS' SOCIETY

JUNE 2016 | VOLUME 1 | NUMBER 7

Getting to Better™:

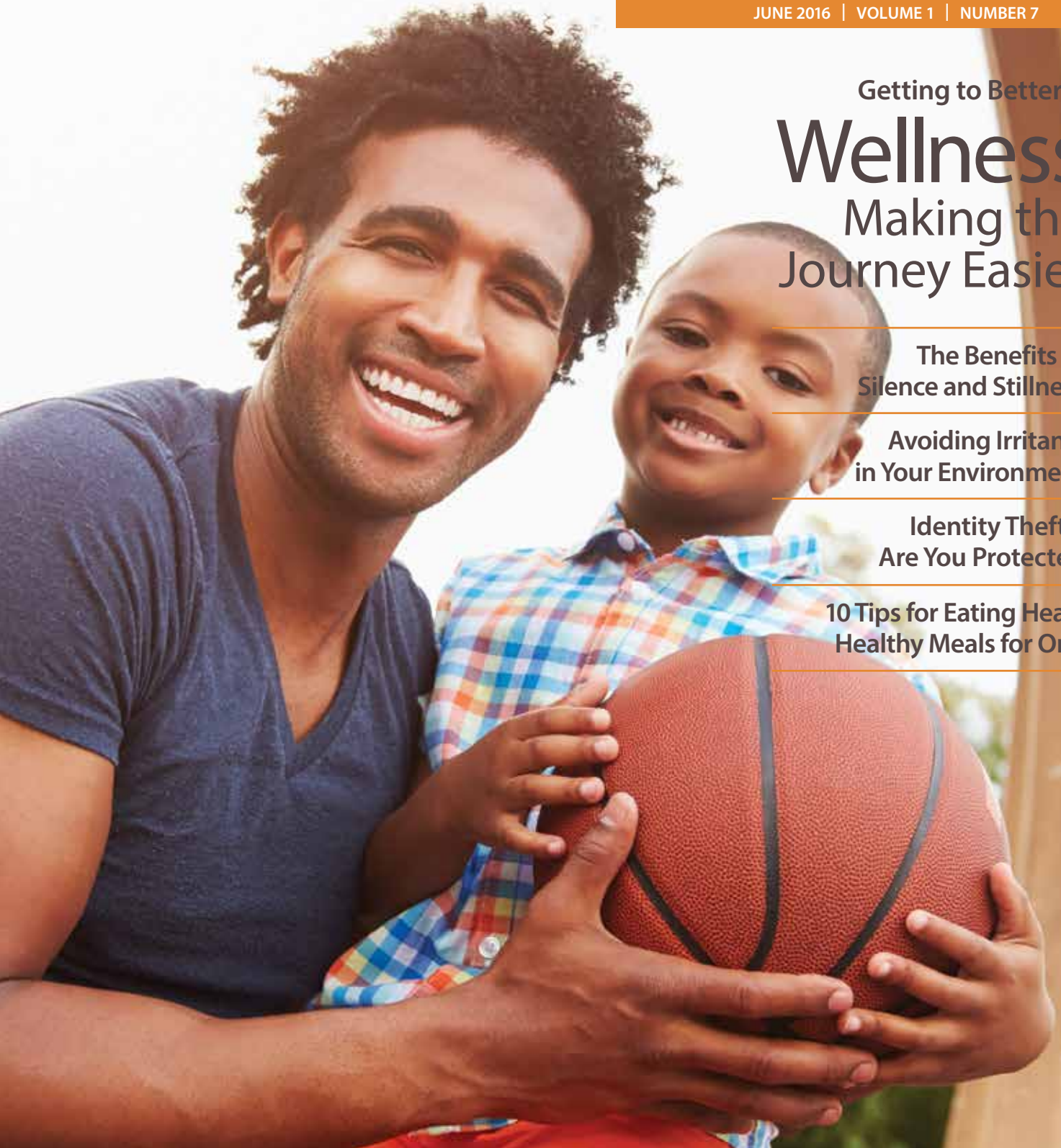
Wellness Making the Journey Easier

The Benefits of
Silence and Stillness

Avoiding Irritants
in Your Environment

Identity Theft –
Are You Protected

10 Tips for Eating Heart
Healthy Meals for One



editor's MESSAGE



Time flies when you are having fun! That is true whether you are enjoying your workout, hanging out with friends, or spending quality time with your family; and for the Balance team it meant having been able to spend the past school year getting to know so many of our incredible members.

We want to thank you for embracing Balance, and for inviting our team members into your school to implement programming and share our passion for wellness throughout the 2015-2016 school year. We are excited to share that we had over 7500 participants take part in Balance programming over the past 10 months. Here is a quick glance of some of the programming that took place:

- Balance hosted more than 150 presentations throughout the school year
- 7 Issues of the Balance Magazine were distributed for your reading enjoyment, and shared nationally with other teaching associations
- 1500 smoothies were enjoyed throughout the province
- 400 participants got to participate in massage programming
- 45 presentations on Mindfulness were hosted within our schools

And many, many more....

As we report this, we want to ask you, what events did you get to enjoy? And if you haven't yet, we encourage you to contact us and let's work together to bring wellness programming to your school as soon as possible.

As we enter the 2016-2017 school year remember we are here as a resource for you. It is our goal to make wellness programming easy to implement wherever and whenever you may have the desire for programming.

Thank you for an incredible year!

Robyn Braha
Wellness Coordinator

Educators in Manitoba understand that they do more than a job, they are answering an important calling; to develop and optimize the social, psychological, physical and emotional well-being of children and youth.

It was an honor to work alongside hundreds of Principals, Vice-Principals, Teachers and education professionals that get it; they clearly understand the importance of continuously working at self-care and their own wellness. When our leaders are feeling and doing better, our educators can do better and the children, youth, families and communities they support are all closer to Better for it!

I wanted to thank Robyn Braha and the Balance Wellness team for the opportunity to collaborate on an exceptionally inspiring and meaningful journey towards better wellness. Wishing everyone Better, on their journey to wellness!

– Stephen de Groot, Myriad Consulting and The Getting to Better Initiative



The
Manitoba
Teachers'
Society



BALANCE
mind body spirit
THE MANITOBA TEACHERS' SOCIETY

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6

enjoy life more

DAY 7

Embrace culture!

Reflect on your heritage. What part of your cultural roots do you still practice? Is it special traditions or celebrations, foods, faith or spirituality? Embrace your uniqueness and celebrate your history as a valuable part of who you are.

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



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Getting to Better™: Make the journey to wellness easier



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

As human beings, we are all wired for growth and adaptation; we are always changing. Some changes are more comfortable and/or easier than other changes. Anyone who has tried to enhance work or life knows that it can sometimes be challenging. It is the valuable and meaningful changes that are often the most difficult. However, they do not always have to be as difficult as they are.

This particular article will offer important considerations that have

been helpful for many people, who have been working to make important and meaningful changes in their lives. The following suggestions are offered so that your journey to Better wellness is as meaningful and valuable as possible... and just as important, less stressful and challenging as possible.

Three things to consider when experiencing stress or frustration

Work and life seem to get busier and busier with so many relationships,

responsibilities and sometimes competing demands. For many people our wellness plans, when they are experienced as stressful, difficult and/or frustrating, often go by the wayside.

Stress and frustration are usually the result of three things:

- Our personal needs are not being met
- We are out of step with our values or what is important to us
- We have an important goal or set of goals that are being blocked

1. Is this your goal?

If you are experiencing your wellness goals as frustrating and/or stressful, then stop. Tune into you. Ask yourself Meaning Making Questions offered in the article The Meaning in Your Wellness. What do you know about the frustration and/stress from your experience?

Is this your goal? Or are you doing it for somebody else? Sometimes, we put the needs, values and goals of others first and can lose sight of our own important needs, values and goals.

2. Are your needs, values and goals competing?

If you are sure that your wellness goals are in line with what is important to you, then some of your own needs, values and goals may be competing or in conflict. For instance, you may need some much-deserved downtime at the end of a stressful day, but you also are expected to get the kids fed and off to sports practice.

By using Meaning Making Questions, you can work through the conflicts one at a time; assess which ones are most important and which ones can be solved with alternative arrangements.

When it comes to competing needs, values and goals, whether it is our own or others', it is important to keep in mind that compromise and negotiation, not sacrifice, are keys to wellness.

3. Are your wellness goals effective?

Another source of frustration and stress on the journey to better wellness can occur when the goals we set for ourselves are not as effective as they can be. Be sure to check out the MUST criteria for setting effective goals. The outline can be found in the article, Setting Effective Goals for Wellness.

Focus on strengths and stay positive

Always, always, always, start with strengths. Stress and frustration can sometimes get us down. Prior to looking at the areas that are not going well or all the things you want to change, start with your strengths.

Stay positive! Your thoughts affect how you feel and determine how you act. Therefore start with statements like, "I can do this", "I have done this", "I will do it"!

Once you start looking, you will find many things that you are doing well. Consider building on those areas that you are already doing well. You can also start with strengths when considering those you are responsible for. They will really appreciate it.

Connect with your purpose

None of us are immune from the stressors and increasing demands of life and work. Once in a while we can feel like we have lost our way. If you ever feel this, know that you are not lost. You are just disconnected and/or dislocated from what gives your life meaning; important needs, values, goals and strengths. Try to reconnect with those aspects of your experience.

Some people refer to it as the "why". I call it your purpose. What is your purpose for the changes you want to make on your wellness journey? If you ever feel like giving up on an important goal, try to connect with the Why, Who and What that brought you to this goal. These are the things that may keep you focused and hanging in.

Have fun

We only have so many trips around the sun. Life while we are here should be FUN! Having fun, just like focusing on the positive or starting with strengths is one of those areas that is often overlooked and/or missed altogether. However, having fun is absolutely critical for moving to Better wellness.

I have interviewed many people who have been working and/or living in exceptionally challenging situations. Almost all of those people mention the importance fun holds, even if circumstances surrounding their situations did not change.

Fun is important in most situations, and becomes even more important to keep things positive and to buffer the stress of the challenges inherent in tough times.



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For many people our wellness plans, when they are experienced as stressful, difficult and/or frustrating, often go by the wayside.

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Fun makes good days great and the worst days better.

One of the great things about fun is that you can create it and engage in it almost anywhere and at almost anytime. How can you make your life more fun? How can you make your time at work more fun?

Be good to yourself

Remember that you are human. And most of you reading this are human helpers who are responsible for others. When we are responsible for the well being of others it is not uncommon for us to put our needs on hold or, on the back burner indefinitely.

You are probably harder on you than anyone else can be. However, as stated in the very first article, nobody knows you like you and therefore, nobody can take better care of you than you.

Be good to yourself and know, that when you are doing better, the people around you will be doing better also. **B**



Keith's corner:

Embrace the space

The benefits of silence and stillness



By Keith Macpherson www.keithmacpherson.ca

Have you ever found yourself in a conversation with another person whereby the silence and space between you feels uncomfortable? One of those conversations where you find yourself racing in your mind, trying to come up with content to fill up the space and prevent awkward silence from setting in? Such was the case for me a while back when I found myself on a road trip, traveling to Dryden, Ontario to immerse myself in a weekend retreat on the study of mindfulness.

I had been asked to car pool to Dryden with the teacher of the course, who also happened to be one of my greatest mentors. As we set out on the road towards our destination, I quickly found myself filling up the space in the car with random commentary and observations about the scenery we were passing, the weather outside, my thoughts on the recent election and my own experiences of mindfulness.

One could say that in my uncomfortable nervousness about spending exclusive one on one time with a woman I truly looked up to was resulting in useless small talk in an attempt to fill the spaces between us so as to prevent any moments of awkward silence from setting in. About thirty minutes into the trip, my teacher stopped me in mid-sentence and encouraged me to take a deep breath.

Reluctantly I took a somewhat hesitant inhale through my nose, opened my mouth and felt my breath release. I gradually felt my body begin to relax. After a few deeper breaths guided by my teacher in the passenger's seat, she continued to explain that filling up the space with small talk was a waste of energy and a distraction from the true moment we were in. For the remaining two hours of our road trip, I was given

the challenge and intentional practice to remain silent and listen to the stillness and space around me.

For the first twenty minutes following this request I continued to experience thoughts racing through my head and a deep desire to run away from the uncomfortable moment I was in. As I allowed myself to relax and embrace the stillness within the car I began to feel a calm relaxation come over me. Before too long, I was relaxed and at ease within my mind.

I began to tune into the beauty of the Canadian Shield all around me and as I gazed out the car window I became an appreciator of each moment that was passing by. A feeling of gratitude washed into my heart and for the rest of the car ride it felt like everything in my life was clearer than it had ever been.

Such is the gift that is given to us when we truly give ourselves permission to embrace the space and stillness that surrounds us. This is not to suggest that life must be lived like a monk in a monastery however, when life presents us with the invitation to be still and enjoy the space, if we embrace it, we are rewarded with outcomes including clarity, rejuvenation and internal happiness.

As the summer holidays approach and you find yourself transitioning from the fast-paced world of teaching into a season of potential spaciousness, I encourage you to give yourself permission to embrace the space and avoid filling it up with pointless busy work.

Here are a few ideas to start you off into a summer of mindfully embracing spaciousness:

1. Take time to notice the space between your thoughts. Have



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you ever noticed what the space between the thoughts in your mind feels like? What does it look like? How does your body feel when you close your eyes and take a few breaths in the space between your thoughts?

2. Go for a mindfulness walk or car ride with a friend and establish that the sole intention of your experience is to practice being silent. Debrief at the end and share the insights that came to you in the space between.
3. Finally take time to be breathe and be still. Although this may sound cliché, it is one of the most effective practices to becoming a master of embracing the space. Our ability to breathe and relax the mental mind on demand is one of the most powerful techniques in becoming more present and attuned to living more mindfully and relaxed in every moment of the day. **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>

Financial literacy: Identity theft – are you protected



By **Brian Denysuik, Creditaid** www.creditaid.ca

Identity fraud happens when criminals steal your personal information, and use it to identify themselves as you. The thieves can then use this information to make requests or authorized transactions on your financial accounts.

Can you imagine if one day out of the blue, you start to receive collection calls? Your mailbox is filled with overdue notices. People are calling you and threatening legal proceedings against you. All for debts that were incurred in your name, but you knew nothing about.

This nightmare scenario plays out far more often than you might think. RCMP statistics show more than 12,000 cases of identity theft annually in Canada. This theft results in more than 10 million dollars in losses for individuals, businesses, and insurance companies.

While identity theft crimes have been with us for decades, the technology that is being used to make our transactions more secure can make us a target, too. The two biggest tools of the identity thief are the telephone and the computer.

Telephone fraud has increased recently, due to the ability to “spoof” telephone numbers, which can make the source of the call any number the caller wants, rendering Caller ID equipment useless. Today’s widespread internet-based phone technology means that calls can originate anywhere in the world. Often the caller will pose as a bank, or even a well-known computer company, and they will troll for unsuspecting people to provide them personal information.

The vast majority of Canadian households have a computer, which has opened a whole new avenue for criminals searching for information. They can mine users via email, through official-looking webpages, or through software that’s designed to infiltrate the computer,



looking for personal information. Key logger programs can even be used to send your every keystroke to a criminal.

How to avoid identity theft

Never divulge personal information if there’s the least bit of doubt about the person with whom you are communicating. Make sure that you originated the call, and it’s to a known business.

Never provide personal information, including credit card numbers, in an email.

When using a website for e-commerce, make sure it’s secure – you should see a padlock in the browser’s address bar, and the address should begin with <https://>. Always double check to ensure that you’re visiting the correct website.

Change your passwords on a regular basis and never use the same password for everything. My favourite tool to store passwords is an App called DataVault Password Manager. It allows you to store confidential data related to credit cards, financial accounts and logins using the most powerful encryption technology

available. DataVault is available for iPhone, iPad, iPod Touch, Android, Mac, Windows and BlackBerry.

Keep your anti-virus and anti-malware software up to date and change your passwords on a regular basis.

Shred all documents that have your personal information (such as your name and address) on them – including old credit card statements or other old ID.

If identity theft happens to you:

1. Contact your local police and file a police report.
2. Contact your financial institution & credit card companies.
3. Contact Equifax and TransUnion and ask that a “Fraud Alert” be placed on your credit file.
4. Contact the Canadian Anti-Fraud Centre toll-free at 1-888-495-8501 or visit www.antifraudcentre.ca. **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.



Vocal hygiene: Avoiding irritants



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

After a long week of classroom teaching, field trips, and track practice, you are ready to unwind. You and a group of teachers from school are sitting on a patio enjoying the hot, dry evening and some live music. What you might not realise is that there are many potential irritants in your environment that could contribute to voice difficulties.

Although many people know about the general health risks that come with smoking, not everyone realises that it can also have a major impact on their voice. Smoke is a major irritant to your entire voice production system including your mouth, nose, throat, vocal folds, and lungs. It dries out and damages the delicate tissues lining these areas, can cause swelling and chronic coughing, and puts you at greater risk of developing voice issues. Cigarette, pipe, and cigar smoking expose you to smoke. However, other sources such as campfires and smoke machines at concerts are also important to keep

in mind. The best way to minimize the effects of smoke on your voice is to avoid potential sources whenever possible.

It can also be important to avoid dust and other environmental allergens, as these are potential irritants to your voice - especially if you suffer from allergies. Like smoke, dust and other allergens can dry and irritate the tissues in your mouth, nose, and vocal folds. However, it is important to know that taking antihistamines to counter the effects of allergies can further affect your voice. This is because certain antihistamines can cause additional dryness in your vocal folds. It is important to discuss the potential effects of these medications on your voice with your doctor and/or pharmacist.

If you cannot avoid dry, dusty, or smoky situations entirely, do what you can to protect yourself. You can use protective gear, such as masks or respirators when possible. You can also try to limit the use of your voice - especially a loud voice

- in these situations. Remember, your vocal folds are especially susceptible to damage when dry and irritated.

Vocal hygiene - avoiding irritants

1. **Butt out!** Saving your voice is just one more reason to quit smoking - even those weekend cigars could be having a major impact on your voice.
2. **Dust free zone!** Dusty environments are also culprits in damaging your vocal fold tissues so avoid them whenever possible.
3. **Mask up!** When you can't avoid dusty or smoky environments, use protective gear such as masks or respirators.
4. **Double trouble!** Limit your voice use in these irritating environments when your vocal folds are especially sensitive to damage. **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.



Responding to dilemmas: Head, heart & courage

By Danielle Fullan Kolton, PhD, The Manitoba Teachers' Society & Alysha Sloane, PhD (Cand.)

You play it over in your head on repeat, while uncertainty renders you anxious and distracted. You anticipate, dread, imagine best-and-worst case scenarios, and finally... choose to act.

This describes a dilemma, a situation in which a course of action is decided where someone is certain to be dissatisfied. Dilemmas are characterized by opposing perspectives, motives, expectations, and priorities, and responding to them is part of the genetic code of school leaders (Cuban, 1996).

The head

In times of indecision, it is comforting to have a “checklist” of considerations to

help us navigate some of the uncertainty in order to better address the situation “in a motivating, manageable, and palatable form” (Brill, 2008, p. 100). The elements in this F.R.A.M.E. – stakes, roles, tensions, mindsets, expectations – can help prompt us to widen the lens that we use to process the situation and anticipate options.

Having a process to unpack dilemmas is important, yet no matter what approach we take, we must always be aware of the ways that emotions impact our interpretations and actions.

The heart

During a recent graduate studies class with aspiring and current school

leaders, we used drama techniques to explore leadership dilemmas. In one of the improvised scenes, one grad-student played the role of a school principal who had to speak to a furious parent. Halfway through the scene, I noticed that he kept looking over his shoulder.

When we debriefed the scene I asked, “What were you looking for?”

He replied, “Not what, *who*. When the meeting got heated and the parent said, ‘*You’re not doing your job*,’ I think I was looking for someone to tag in to the meeting. I got a little nervous or maybe frustrated because I felt what it’s like when there’s no one to tag in.”

I dug a little deeper, “What was it about the ‘not doing your job’ comment that created some heat?”

“Nobody likes being called the bad guy.”

Later in the same class, we talked about the words and phrases we heard during the improvised scene. Not surprisingly, the two actors in the encounter experienced the same words very differently. One of the actors heard a parent’s criticism as a declaration that he is a “bad guy”. In psychology, this is referred to as *phantasy*, or the moments when we fill in the blanks for other people. It happens because we can project our own desires and fears onto what is being said, and language can be ambiguous. In the scene described above, the “principal” was only able to hear the parent’s criticism as a harsh personal judgment.

The emotional toil of leading is often sanitized from the literature on educational leadership. Yet, dilemmas occupy emotionally-charged spaces anchored by contested understandings, opinions, and expectations. Furthermore, any number of the people who play a part in the dilemma can be hurt when they feel they aren’t needed, valued, included or viewed as competent. For instance, we might get angry if others try and frame us as “the bad guy” when we perceive a loss in control, love, or acceptance. Emotional turbulence and phantasies may render us less rational and intentional than we think.

The courage

The emotional work of leadership matters a great deal. It matters because emotions influence our thoughts, feed our assumptions, form our interpretations, and justify actions in our own mind. Dismissing the influence of emotions can limit our ability to see all of the choices available when we are called to make a decision. Dilemmas require great courage: the courage to clarify, frame, and interpret the issues; the courage to consider multiple options, plan, and act; and the courage to reflect, evaluate, and learn from the experience.

At the recent MTS “Dilemmas of Practice” workshop, one of the



<p>Factors at stake</p>	<p>What is at risk in this situation for each of the possible outcomes? For example, perceived integrity; trust; well-being; relationships; safety.</p>
<p>Role of the leader</p>	<p>In what role are you acting in this dilemma and how might this impact your struggle?</p> <p>For example, Enforcer (creating and enforcing systems and structures so that individuals and groups can work and learn efficiently and effectively); System Builder (influencing and managing change); Equity Promoter (issues of racism, sexism, homophobia, and discrimination based on religion, language, SES, ability or age); and Instructional Leader (decisions and actions to ensure that all students are learning) (Brill, 2008).</p>
<p>Attention to tensions</p>	<p>What are the sources of tension – competing rules, values, expectations, and perceptions – between various stakeholders? For example, individual vs. collective; process vs. outcome; fair vs. equal; flexibility vs. systemic constraints.</p>
<p>Mindset and values</p>	<p>What personal values are guiding your response?</p>
<p>Expectations</p>	<p>Use resources to help you – what are the statutes, agreements, policies and sources of information that indicate what you are and are not responsible for?</p> <p>What might your preferred outcome look like?</p> <p>What are the stakeholder ideals for resolution?</p> <p>What is the community standard?</p>

participants said, “To effectively deal with a dilemma, you must carve out time to really think and rely on others to weigh in their perspectives. We need to be intentional in the face of others’ sense of urgency.” This intentionality can be a challenge in the fast-paced, emotional setting of a dilemma. So, the next time you are faced with the uncertainty of a dilemma, remember the three R’s: **Reach Out** (to critical friends and to MTS); **Regulate** amidst the emotions and urgency; and **Reflect** as a learning leader about the process, response, and outcomes. **B**

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Alysha Sloane is an assistant professor in the Department of Leadership and Educational Administration at Brandon University. Her research passions include arts-based professional development and the emotional work of leadership.

Cooking for one: 10 tips for eating fresh heart healthy meals

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

Whether you are part of a family of five or you're living alone, sage nutrition advice remains the same: skip frozen dinners and take-out food in favour of cooking fresh meals at home more often.

Cooking for one or two people may seem like a large task, but the rewards are well worth the effort. Homemade meals are more nutritious and more economical. Plus, you can control the ingredients, avoiding the excess salt, sugar and fat that can increase your risk of heart disease and stroke.

Here are 10 tips to consider when cooking for one or two people:

1. Stock your pantry. When your kitchen is well stocked, it's easier to cook quick and easy meals. Keep frozen vegetables, nuts, canned fish and legumes, and quick-cooking whole grains like quinoa and parboiled brown rice on hand. Bonus: these foods can stay fresh for months in your pantry and freezer.
2. Cook and freeze. If your favourite recipe serves six, make the large batch, enjoy one portion for dinner, and freeze the rest in individual portions for ready-made meals. Write the date and contents on packages before freezing.
3. Have a potluck. Invite friends over and ask everyone to bring a dish. It's instant company with a ready-made dinner and lots of extras to freeze for future meals.
4. Set the table. It may be tempting to eat leaning over the counter when you're alone, but make dinner an occasion by setting the table with your nice dishes and cutlery. Take time to savour the pleasure of a home-cooked meal – you deserve it.
5. Embrace planned-overs. If the word "leftovers" makes you turn up your nose, consider them "planned-overs."



That means you make one meal tonight with tomorrow's meal in mind. For example, tonight's roasted chicken breast can go into tomorrow's chicken salad sandwich.

6. Eat protein at every meal. The comfort of a simple bowl of soup or buttered toast may be all you crave, but these meal options lack protein, an essential nutrient for retaining muscle mass as we age. Every meal should include a source of protein from foods like meat, fish, chicken, milk, cheese, tofu, legumes, eggs and nut butter. A perfect plate includes half vegetables and one quarter each of protein and grains.
7. Prepare one-dish meals. Streamline prep by choosing meals where your protein, grains and vegetables are all cooked together in one pot.
8. Use screens wisely. Most nutrition advice recommends turning off the TV when dining to prevent mindlessly eating excessive calories while

distracted. But when you're eating alone, sometimes the TV is welcome company. If you do watch a show while you dine, serve one portion of food on a plate so you don't distractedly continue to eat past your fullness cue.

9. Take a break from cooking. When you feel like a quick but nutritious meal that requires minimal cooking, try one of these options:
 - Whole grain cereal, milk and fruit
 - Oatmeal with yogurt and fruit
 - A tuna and tomato sandwich on whole grain bread
 - Peanut butter and banana rolled into a tortilla
 - Scrambled eggs with toast
 - Cottage cheese, fruit salad and crackers
 - Salad topped with chickpeas, canned salmon and loads of vegetables
10. Cook on a smaller scale. Eating home cooked meals is a pleasure, no matter how many diners are at the table. And small meals can still have big flavour! **B**



Three-grain salad with goat cheese

Prep time: 20 min

Cook time: 25 min

Makes: 12 servings

- 4 cups (1 L) water
- 1/2 cup (125 ml) dried lentils, rinsed and sorted
- 1/3 cup (75 ml) medium bulgur
- 1/3 cup (75 ml) quinoa
- 1/3 cup (75 ml) quick-cooking brown rice
- 1 medium red bell pepper, diced
- 1/2 cup (125 ml) finely chopped red onion
- zest of 2 large lemons
- 3 tbsp (45 ml) fresh lemon juice
- 1/4 cup (50 ml) canola oil
- 1/4 tsp (1 ml) dried pepper flakes
- 1 cup (250 ml) chopped fresh mint or Italian parsley
- 3 oz (90 g) hard or semi-soft goat cheese, crumbled
- 12 large romaine lettuce leaves

Directions:

1. In a large saucepan, bring water and lentils to a boil over high heat. Reduce heat, cover and simmer for 10 minutes. Stir in bulgur, quinoa and rice. Cover and cook for 12-13 minutes, or until lentils are just tender. Drain in a fine mesh sieve. Run under cold water to cool quickly. Drain well. Transfer to a large bowl.
2. Meanwhile, in a large bowl, combine bell pepper, onion, lemon zest and juice, canola oil and pepper flakes. Stir until well blended.
3. Stir in drained lentil mixture and mint. Toss gently until well blended. Gently fold in goat cheese and serve on lettuce leaves.

Per serving (1/2 cup (125 ml) lentil mixture and 1 lettuce leaf): Calories 130, Protein 4 g, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 5 mg, Carbohydrates 12 g, Fibre 3 g, Sugars 1 g, Added sugars 0 g, Sodium 40 mg, Potassium 150 mg



Chocolate almond bites

Prep time: 15 min

Cook time: 1 min

Makes: 20 bites

- 4 Medjool dates, pitted and chopped
- 1/4 cup (50 ml) water
- 1 cup (250 ml) canned no salt added black beans, drained and rinsed well
- 2 tbsp (25 ml) natural almond or peanut butter
- 3 tbsp (45 ml) unsweetened cocoa powder
- 1 oz (30 g) bittersweet 70% cocoa chocolate, melted
- 1/2 tsp (2 ml) vanilla extract
- 3 tbsp (45 ml) ground almonds

Directions:

1. In a microwaveable bowl combine dates and water; cover and microwave on High for 1 minute or until softened and water is absorbed.
2. Scrape mixture and beans into food processor with almond butter and cocoa powder. Puree until very smooth; stopping and scraping down sides a couple of times.
3. Scrape mixture into a bowl and stir in chocolate and vanilla. Chill in refrigerator for about 45 minutes or until slightly firm. Using a mini ice cream scoop or tablespoon, roll into balls and place on small baking sheet. Roll into ground almonds and keep refrigerated.

Tip: These can be frozen for up to 2 weeks or kept in the refrigerator for up to 1 week in a covered container.

Per serving (1 bite): Calories 47, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 7 g, Fibre 2 g, Total sugars 4 g, Added sugars 0 g, Sodium 2 mg, Potassium 101 mg



Apple maple cheddar muffins

Prep time: 20 min

Cook time: 15 min

Makes: 10-12 muffins

- 1/3 cup (75 ml) pure maple syrup
- 1 egg
- 3 tbsp (45 ml) canola oil
- 3 tbsp (45 ml) unsweetened applesauce
- 1 cup (250 ml) all purpose flour with added bran (nutri flour)
- 2 tbsp (25 ml) wheat germ or ground flax
- 1/2 tsp (2 ml) each baking powder and baking soda
- 1/2 tsp (2 ml) ground cinnamon
- 2 cups (500 ml) diced cored apples
- 1/2 cup (125 ml) light shredded old cheddar cheese

Directions:

1. In a large bowl, whisk together maple syrup, egg, oil and applesauce.
2. In another bowl, whisk together flour, wheat germ, baking powder, soda and cinnamon. Stir into egg mixture and stir gently. Add apples and cheese and stir to combine.
3. Divide batter into greased or paper lined muffin tins. Bake in 375° F (190° C) oven for 12 to 15 minutes or until tester inserted in centre comes out clean.

Tip: Make smaller muffins for smaller children to pack in their lunches as a full size muffin can usually be too much for them to eat in their snack time. Use a mini muffin tin and bake for 10 to 12 minutes.

Per serving (1 muffin): Calories 153, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 22 mg, Carbohydrates 22 g, Fibre 2 g, Total sugars 10 g, Added sugars 6 g, Sodium 128 mg, Potassium 88 mg

Yoga practice:

Legs up the wall pose (viparita karani)



By Tally Young

Getting upside down every day helps one to see things right side up. Giving you a new way to see things differently.

This is a great daily practice to get into, not only when you feel tired but also when you need a new point of view. This posture is a fantastic addition to your nighttime ritual to take the fatigue off the body so you can acquire the sleep you need to regenerate the body. You can also use this posture to rest the body in lieu of a nap in the middle of your day.

Benefits to this posture include lowering blood pressure, quieting the mind and reducing fatigue. Cautions to the posture include glaucoma, detached retina, hiatal hernia, or heart problems.

Props: 3 blankets, mat and a wall

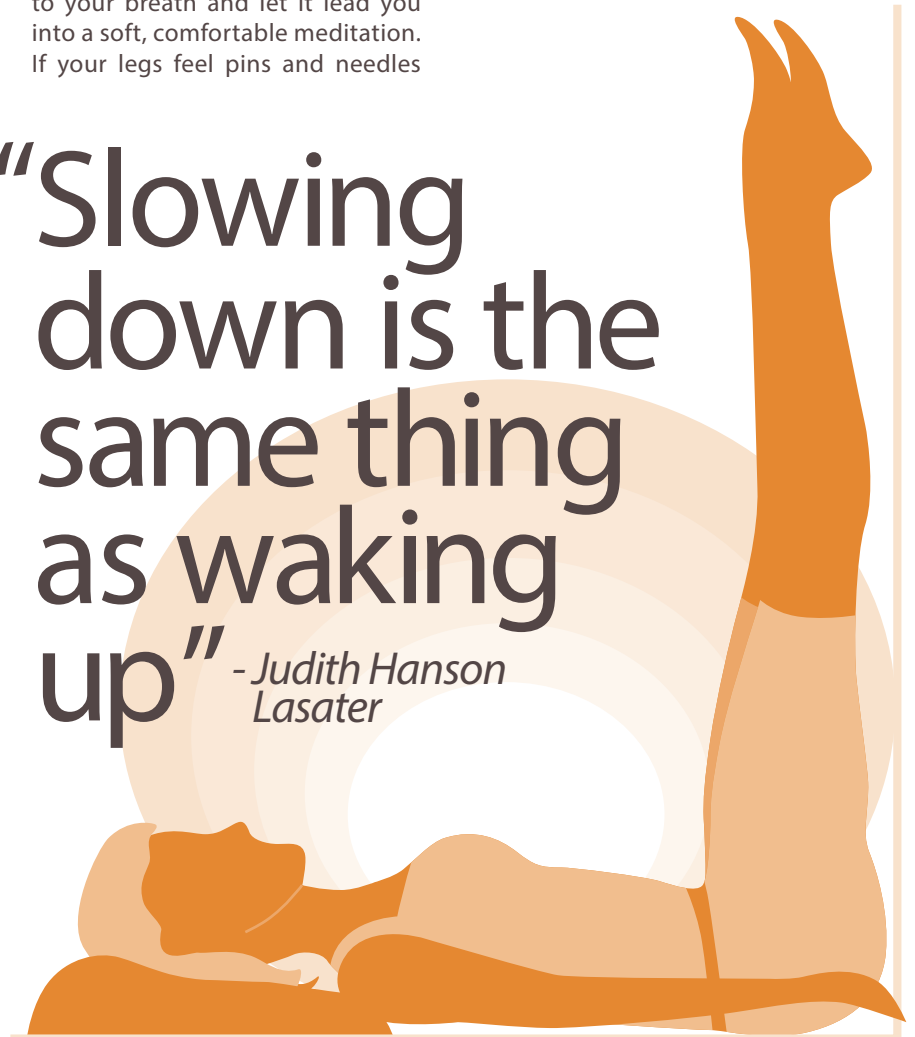
1. Place your mat short edge towards the wall. Let the length spill towards the centre of the room.
2. Fold the two blankets in a short fold and place them on top of one another. Place them 8-10 inches from the wall, on your mat. Fold the third blanket in a long fold and place it on top of the two short fold blankets and then down to the top edge of the mat.
3. Getting into this posture will take some time to get used to. So give yourself time and patience to keep trying until you feel comfortable moving into legs up the wall. Sit at the edge of the double stack of blankets with your left shoulder towards the wall. With an exhalation roll back, swing your legs up the wall and lie back. Your hips should

be comfortable on the double blanket stack and your tailbone comfortably over the edge towards the wall. Your spine, neck, head and shoulders should rest comfortably on the long fold blanket.

4. Stay in this position for as long as your breath is comfortable and you are not distracted by any of the positions your body is in. Listen to your breath and let it lead you into a soft, comfortable meditation. If your legs feel pins and needles

running around, gently pull the knees towards the torso, or move the blanket stack a little further away from the wall. To exit the posture, move knees into the chest and roll to the side. Take a few breaths on the side and move on with your day or evening with a fresh take on your thoughts. **B**

“Slowing down is the same thing as waking up” - Judith Hanson Lasater



Keith's list of activities to get off the hamster wheel:

By Keith Macpherson

1. Turn off my phone for an hour and start reading a new book.
2. Make a playlist of my favourite music and dance in my living room.
3. Set a reminder on my phone to be in bed by 9:00 pm every day for a week.
4. Whatever I am doing in the moment, stop and take 20 deep breaths.
5. Go to a yoga class or take an online You Tube yoga class at home.
6. Turn off the radio in my car and instead start listening to motivational CDs.
7. Book myself a spa day with no distractions.
8. Go for a swim at the pool or a walk in my neighbourhood.
9. Do a free-write in my journal.
10. Meditate.

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wellness WORD SEARCH

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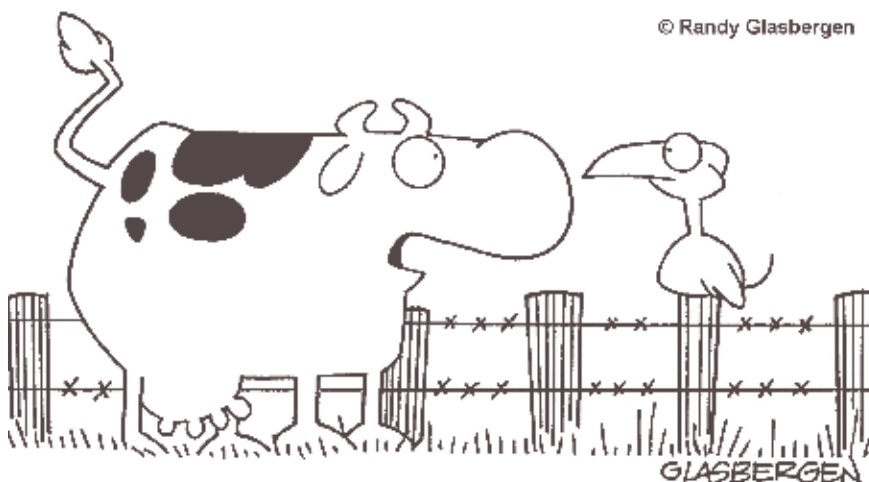
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Balance
Embrace
Environment
Healthy
Heart

Identity
Irritants
Journey
Living
Mindfulness

Protected
Silence
Stillness
Vacation
Viparitarani

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**"It's true, I did jump over the moon.
I had waaaaay too much coffee that day!"**



BALANCE

mind body spirit

THE MANITOBA TEACHERS' SOCIETY

wellness AT AGM

Members of MTS visited the Balance Booth at AGM to share stories of successful programming, receive educational material on fitness & health, enjoy a massage and book events for the 2016-2017 school year.

To view our list of Balance programming please visit www.mbteach.org/balance.



The
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