



SPEA ON THE MOVE

ISSUE 9 | MAY | VOLUME 1



MAKING THE 'NEW NORMAL' WORK HOW TO HELP YOU, YOUR FAMILY AND YOUR STUDENTS THROUGH SOCIAL ISOLATION

Dear Members,

This month's newsletter is all about supporting you. May you find a moment to consider some of the suggestions and continue to stay safe and well during these uncertain times.

Social isolation will be affecting all of us in different ways. The incredible power lies in your ability to find enough calm within your own anxiety to be a strong, steady presence for your children and your students. It doesn't mean not feeling anxious and it doesn't mean being a peddler of optimism or certainty.

CONNECT

During the days, many of us are likely exhausted of connecting online as the entire day was spent in front of our computers networking, teaching, planning, meeting.... However make time to connect personally with those you love.

MOVE

Exercise is a healthy way to decrease anxiety. Helping the brain to maintain healthy levels of the neurochemical, GABA (Gamma-aminobutyric acid) which calm the overexcited neurons that lead to anxiety or interrupting negative thought cycles that also feed anxiety is essential during times like these.

LET NATURE NUTURE

If we could bundle up what nature gives us, and take it everywhere we go, we would all be better for it. Research has found that 20-30 minutes in nature, or somewhere that gives the sense of being close to nature (such as a park, a garden or a backyard) can significantly reduce cortisol, the stress hormone.

MINDFULNESS

Mindfulness changes the structure and function of the brain in ways that strengthen mental health generally. A consistent practice of mindfulness during social isolation will help lower cortisol (the stress hormone), can help with attention, and finding calm.

SLEEP

The part of the brain most sensitive to a lack of sleep is the amygdala – the seat of anxiety. This means that if you, your children or your students aren't getting enough sleep, anxiety will more likely to drop in.

(Adapted from Young, Karen, 2020, Hey Sigmund)

ONLINE PD OPPORTUNITIES

[GopherSport](#)

[PHE Canada](#)

[ShapeAmerica](#)

[Coaching Association of Canada](#)

[Ophea](#)

[Phyessedsummit – Online Conference](#)



ISSN 1925 3222