

Wellness Wednesdays for Staff



SEPTEMBER 4, 2024 - Mindfulness

Five minute meditation You Can Do Anywhere

youtube.com/watch?v=inpok4MKVLM

Free Guided Meditations - Free mindfulness apps

umassmed.edu/psychiatry/education/mindfulphysicianleadershipprogram/free-mindfulness-apps/



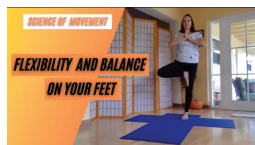
Soft Belly Breathing with Cathy Whitt, Community Wellness Specialist with Holy Cross Health

youtube.com/watch?v=1_FHatvrclY&list=PLIMVEPKPa--adW6xt_KwToDP6ILWIL541&index=5

OCTOBER 2, 2024 - Coping (no school Oct. 5, 2022)

How to prevent Burnout

browardschools.instructure.com/courses/880857/pages/cc-2020-how-to-prevent-burnout



Science of Movement with Cathy Whitt, Community Wellness Specialist with Holy Cross Health

youtube.com/watch?v=eKSajCgWYos&list=PLIMVEPKPa--adW6xt_KwToDP6ILWIL541&index=9

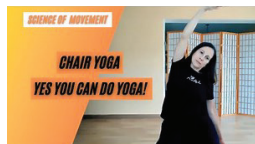
NOVEMBER 6, 2024 - Self-Care

Working with Positive Affirmations

aetna.com/exp-mkt/CustomerCenter/episode3_Working_with_Positive_Affirmations_3-2021.html

The Scoop on Social Supports

browardschools.instructure.com/courses/880857/pages/cc-2020-the-scoop-on-social-supports



Chair Yoga with Cathy Whitt from Holy Cross Health

youtube.com/watch?v=OoUrXGzzVD8

FEBRUARY 5, 2025 - Happy Hearts

Happy Hearts Yoga Flow

aetna.com/exp-mkt/CustomerCenter/episode2_Happy_Hearts_Yoga_Flow_3-2021.html

Happy Hearts Stretches

aetna.com/exp-mkt/CustomerCenter/episode4_Happy_Hearts_Stretches_3-2021.html

MARCH 5, 2025 - Kindness

The Courage to be Yourself

aetna.com/exp-mkt/CustomerCenter/episode5_Courage_to_be_Yourself_3-2021.html

The Kindness Effect

browardschools.instructure.com/courses/880857/pages/cc-2020-the-kindness-effect

MAY 7, 2025



(Teacher Appreciation Week!)

Gratitude

aetna.com/exp-mkt/CustomerCenter/episode7_Gratitude_3-2021.html

Happy Hearts at Rest

aetna.com/exp-mkt/CustomerCenter/episode10_Happy_Hearts_at_Rest_3-2021.html

Stay tuned for some creative
Teacher Appreciation events &
treats during the lunch hours

Coordinated by Ms. Rockensies, SSW.

