



As we turn our attention to the fall with — hopefully — a restful and rejuvenating summer behind us, we remain mindful of our wellness as we embark on another school year.

Here are three tips to help you maintain your wellness as we kick off the 2022-2023 school year.

Buddy up!

A great strategy in maintaining your wellness is grabbing a colleague you can go to for support. Establish a 'wellness buddy' at the start of the school year. Spend some time after school one day establishing your wellness goals. Check in regularly (weekly) to discuss successes and obstacles you both mutually face as you navigate the fall.

Keep it Simple

For many, attempting to manage a complex and busy wellness plan often leads to poor prospects for success. Establish a few S.M.A.R.T. goals you can reliably maintain and deliver on. It's more important to be successful with a few wellness goals, rather than struggling with too many.

Consistency over Intensity

As we've all been coached to better understand, being consistent with your goals as opposed to trying to maintain a more intense regime, leads to greater goal retention and traction. Wellness goals are best realized over time. Focus on regular attendance to your wellness goals and you'll be surprised how successful you are in remaining well.

Wishing you a super start to the year! With great admiration and respect.

Jack



humanworks offers practical and personalized services: vocational rehabilitation, disability management, occupational therapy, wellness and education, organizational leadership, and consulting. We help individuals and organizations develop sustainable and durable work lives, and productive environments. We help people get to work and stay at work while maintaining healthy lifestyles away from work.

by
Jack MacNeill

M.Ed. (Coun. Psych) RCC, RRP, CVRP(f)

President

humanworks consulting group