

Welcome to Wellness!

April

Get Your Zzzz's!

Did you know that the average adult needs 7-9 hours of sleep? When is the last time you remember getting a full night's rest? Do you find yourself trying to squeeze in just one more thing before bed? You are not alone! Lack of sleep can lead to stress, changes in mood, and impact our ability to be present for our students. Here are a few ways to improve your sleep health:

1. **Turn off your devices at least an hour before bed.** Electronic devices put off a blue light that have been shown to interfere with the brain's natural sleep-wake cycle. Still need something to do before bed? Maybe you can read a book, relax with a pet, or jot down any last thoughts from the day. This is also the perfect time for some deep breaths and relaxing thoughts!

2. **Create a routine.** Going to sleep and waking up around the same time everyday can help form a sleep routine that your body will rely on. You can achieve this by setting a goal for bedtime and setting an alarm for each morning.

3. **Eating regularly and limiting caffeine.** By having a balanced meal at dinner, this will give our bodies enough nutrients and adequate blood sugar to get through the night without having to wake up for a midnight snack. Caffeine has an 8-hour half-life. Keep this in mind when consuming caffeine in the afternoon hours.

4. **Take a look at your environment.** Do you need soothing sounds, i.e. a fan or noise machine? Is it very bright in your room? Try some blackout curtains. Is your room too warm? The ideal resting temperature is 65 degrees or cooler.

"Your future depends on your dreams, so go to sleep!"

-Mesut Barazany



Lunch Bunch

BLT Chicken Salad

Ingredients

- 2 boneless chicken breasts
- 5 strips of bacon
- ¼ cup chopped green onion
- ½ cup quartered cherry tomatoes
- ½ cup mayo
- ½ tsp black pepper

Boil chicken until cooked through and shred using a fork. Cook bacon and chop into bite sized pieces. In a large bowl, mix together all ingredients. Enjoy immediately in a wrap or store in the refrigerator for up to 4 days in an airtight container.

Get Grounded with Gardening



In light of Earth Day this month, let's bring awareness to gardening, a great way to practice mindfulness and keep us grounded! It engages all five of our senses, and brings a sense of joy and purpose to our lives. Gardening can improve mood as well as reduce feelings of worry and stress. It can also be a great form of exercise. If you are just starting out, start small with a window box to keep it stress free. You can choose to garden on your own, or include people in your household to create opportunities for quality time. Last but not least, growing fresh produce to enjoy at home or flowers to admire brings a huge sense of accomplishment. With each plant or flower, it gives us **HOPE** for the future.

