



Wellness:

A Question of Balance





Saskatoon Public Schools
Inspiring Learning

Issued re-order

19386

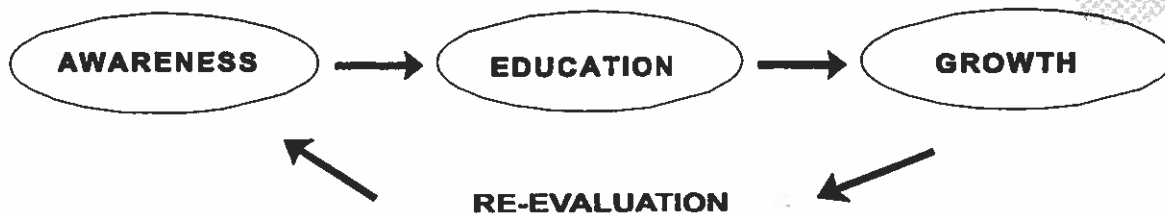
Job Title wellness

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THE SEARCH FOR WELLNESS



❖ AWARENESS

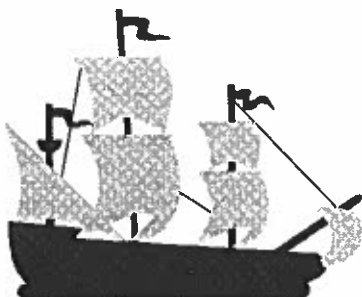
- seeing how you are presently conducting your life
- looking below the surface for your real needs

❖ EDUCATION

- exploring options
- looking inside yourself
- receiving help from others

❖ GROWTH

- trying out some of the options



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LOOKING AT THE WELLNESS WHEEL MODEL

WELLNESS WHEEL DEFINITIONS

Nutrition

- practicing good nutrition (having sensible eating habits; maintaining a normal weight; not overeating)

Fitness (*Exercise*)

- respecting and caring for one's body
- maintaining physical well-being (engaging in sufficient physical activity through exercise or on one's job to keep in good physical condition)

Leisure

- taking time for oneself
- understanding the interdependence of physical and emotional well-being

Relationships

- realizing that learning is a social process
- having emotional awareness and coping (being aware of or in touch with one's feelings; ability to express appropriately positive and negative feelings)
- willing to share, co-operate, form friendships, and respect others

Positive Risk Taking

- responding to challenges in life as opportunities to grow in strength and maturity
- needing to feel confident, secure, valued and cared for

Stress Management

- understanding the importance of emotions
- responding to change in a socially responsible manner
- being flexible and adaptable
- on-going self-assessment of one's coping resources; ability to organize/manage re-sources such as time, energy, setting limits

Life Long Learning

- enjoying learning
- feeling pride and success in accomplishments

Environmental Sensitivity

- respecting and caring for the environment
- being aware of the needs of a global community

THE HUB (the nuts and bolts)-Personal Responsibility

- recognizing that the process of behaviour change is a part of life based on personal responsibility
- developing personal integrity
- anticipating consequences
- accepting responsibility for personal actions and decisions
- developing sensory awareness

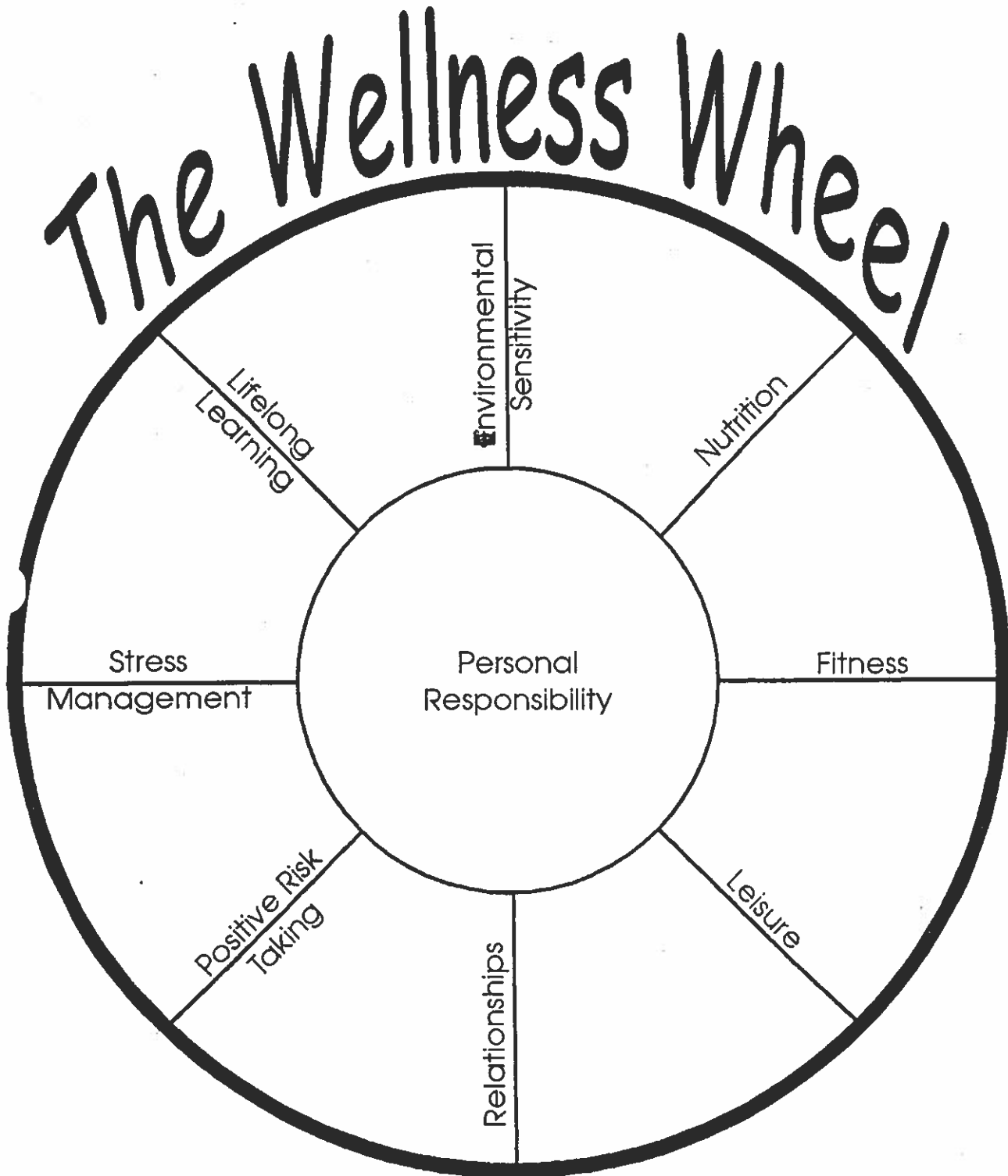
THE RIM (the glue) - Spirituality

- finding purpose, meaning, inner peace
- taking time to renew and awaken oneself

Resource #9

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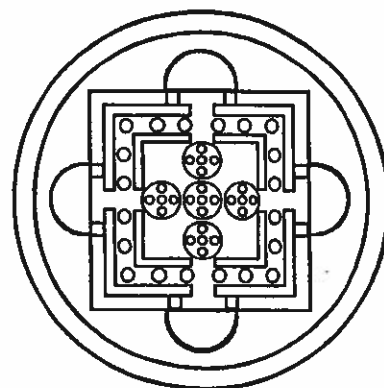
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PERSONAL WELLNESS WHEEL MANDALA

There is compelling human fascination with the circle. Typically circular in nature, a mandala invites a person's vision toward its centre.

The Mandala is a circular drawing symbolizing the universe. This cultural and spiritual experience of creating a Mandala originated with Tibetan Monks. The Mandala is a visual prayer that transcends language and thought, and is considered a blessing. It is an aid to meditation.



Goals:

- To create a Mandala that symbolizes the participant's wellness as a multi-dimensional concept.
- To reinforce discoveries, insights and resolutions made during the Wellness Wheel module.
- To use a reflective and integrative process from the insights gained during the learning experience.
- To provide closure.
- The healing power of the Mandala is that of a cohesive force from which one can gain insights.
- The Mandala shows the natural urge to live out our potential, to fulfill the patterns of our whole personality.
- Carl Jung associated the Mandala with the self as the centre of the total personality. It illustrates external order over internal chaos. The goal is to create harmony.
- Jack Wise considered the Mandala a diary. This autobiography is so authentic, so very personal, that a spiritual depth is accomplished.

The facilitator distributes materials to each participant.

The facilitator directs the participants to *reflect on what it means to be well*, in relation to the Wellness Wheel metaphor and to each spoke.

- use symbols relating to each spoke
- the symbols can represent the participant's values, goals, difficulties, achievements. By itself, a symbol appears insignificant. Placed side by side, in its appropriate place, the total effect becomes remarkable. Each symbol becomes an integral part of the whole.
- the resulting picture is a personal interpretation of each participant's Wellness
 - ☛ *a unique repetitive pattern should be selected and placed throughout the Mandala*
 - ☛ *the rim of the Mandala can be cut decoratively but the circle always remains*
- participants can be prompted with questions
 - ✓ how does your choice of colour have relevance?
 - ✓ which spokes are easier to represent than others?
 - ✓ what epiphany (aha!) did you have while working on your Mandala?
- the meanings of the Mandala are more important than the appearance (artistic ability is not being evaluated)
- simple acts, set down one at a time, ultimately create a picture of who we are.

Participants describe their Mandala to the group explaining the meaning of their choice of materials, symbols, colours and a significant learning from this exercise

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NEEDS

People's health depends on meeting FOUR overall needs:

1. Physical (Body)
2. Mental (Mind)
3. Emotional (Heart)
4. Spiritual (Spirit)

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DIMENSIONS OF WELLNESS

PHYSICAL DIMENSION (Body)

Exercise, eat healthy, sleep well, relax

MENTAL DIMENSION (Mind)

Read, educate, write, learn new skills

EMOTIONAL DIMENSION (Heart)

Develop good interpersonal relationships, give service, laugh

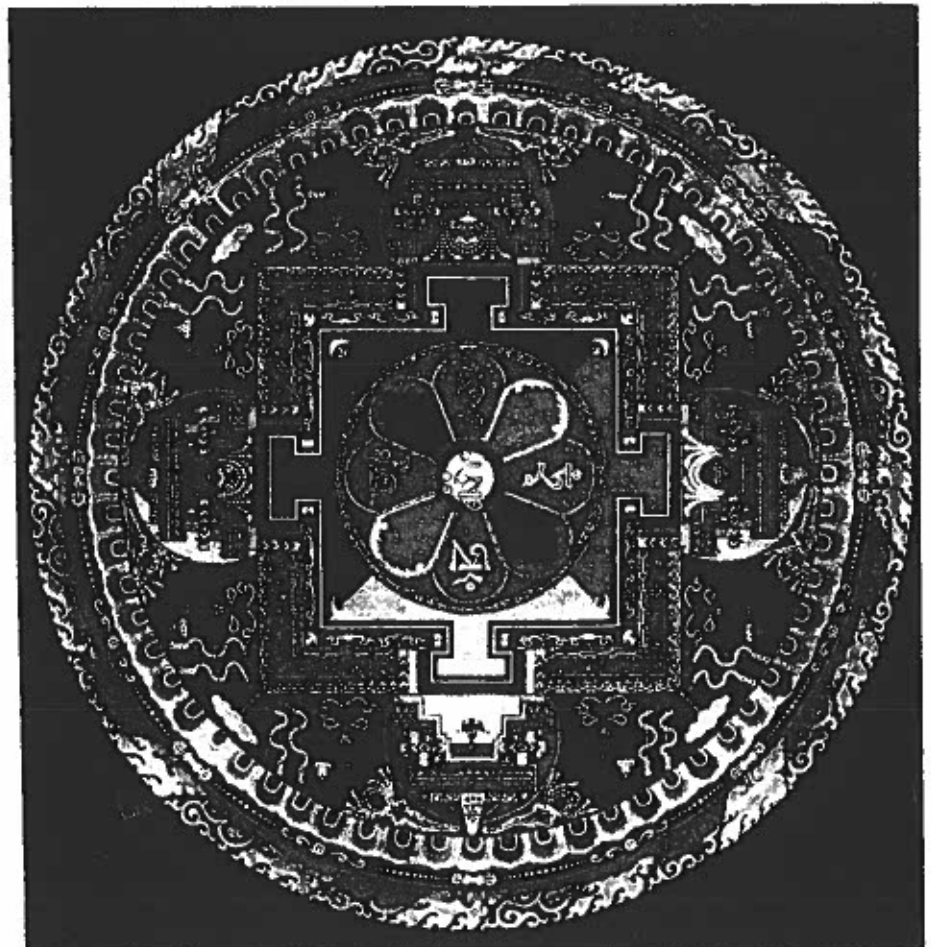
SPIRITUAL DIMENSION (Spirit)

Meditate, keep a journal, take in quality media, reflect



Wheel For The Life Cycle - 1974
By Jack Wise
Printed with permission

Sand mandala of Chenresig,
Buddhistva of Universal Compassion.
Created by monks of Namgyal Monastery,
Dharamsala, India on the occasion of the 1993
visit to Victoria of His Holiness the 14th Dalai Lama
Photo © Tony Bounsall, Photo Design
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Wondering...

People travel to wonder...

at the height of mountains...

the long course of rivers...

the huge waves of the sea...

the vast compass of the ocean

and the circular motion of the stars...

and they pass by themselves without wondering.

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ORIAHE MOUNTAIN DREAMER

It doesn't interest me what you do for a living. I want to know what you ache for and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your sorrow, have been opened by life's betrayals or have become shrivelled and closed from fear of further pain.

I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it or fix it.

I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic or to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself, if you can bear accusation of betrayal and not betray your own soul.

I want to know if you can be faithful and therefore be trustworthy.

I want to know if you can see beauty even when it is not pretty everyday, and if you can source your life from its presence.

I want to know if you can live with failure, yours and mine, and still stand on the edge of a lake and shout to the silver of the full moon. YES!

It doesn't interest me to know where you live or how much money you have.

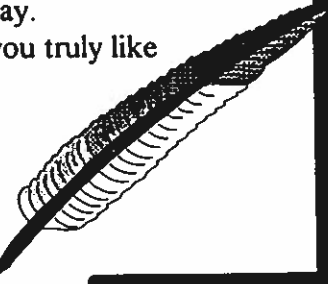
I want to know if you can get up after a night of grief and despair, wary and bruised to the bone and do what needs to be done for the children.

It doesn't interest me who you are or how you came to be here. I want to know if you can stand in the center of the fire with me and not shrink back.

It doesn't interest me what or where or with whom you have studied. I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in empty moments.

- An unknown Elder
author

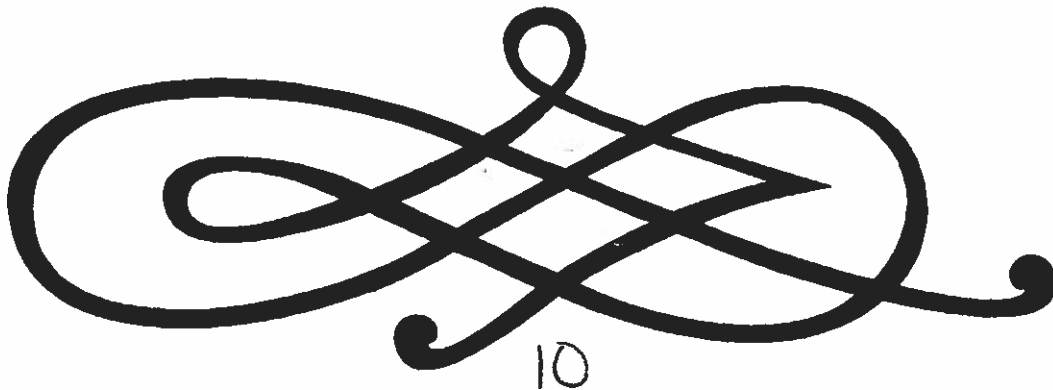


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DO NOT STAND

Do not stand at my grave and weep;
 I am not there. I do not sleep.
 I am a thousand winds that blow;
 I am the diamond glints on snow.
 I am the sunlight on ripened grain;
 I am the gentle autumn's rain.
 When you awaken in the morning's hush,
 I am the swift uplifting rush
 Of quiet birds in circled flight.
 I am the soft star that shines at night.
 Do not stand at my grave and cry;
 I am not there; I did not die.

Author Unknown



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VIRTUES: The Gifts of Character

As you become familiar with these virtues they will become a part of the language of your family, school and workplace.

Assertiveness

Caring

Cleanliness

Compassion

Confidence

Consideration

Cooperation

Courage

Courtesy

Creativity

Detachment

Determination

Diligence

Enthusiasm

Excellence

Flexibility

Forgiveness

Friendliness

Generosity

Gentleness

Helpfulness

Honesty

Honor

Humility

Idealism

Integrity

Joyfulness

Justice

Kindness

Love

Loyalty

Moderation

Modesty

Orderliness

Patience

Peacefulness

Purposefulness

Reliability

Respect

Responsibility

Self-discipline

Service

Tact

Thankfulness

Tolerance

Trust

Trustworthiness

Understanding

Unity

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Certificate of The Right to Play

by this certificate know ye that

_____ is a lifetime member in good standing in
The Society of Childlike Persons
and is hereby and forever entitled to

Walk in the rain, jump in mud puddles, collect rainbows, smell flowers, blow bubbles, stop along the way, build sandcastles, watch the moon & stars come out, say hello to everyone, go barefoot, go on adventures, sing in the shower, have a merry heart, read children's books, act silly, take bubble baths, get new sneakers, hold hands & hug & kiss, dance, fly kites, laugh & cry for the health of it, wander around, feel scared, feel sad, feel mad, feel happy, give up worry & guilt & shame, stay innocent, say yes, say no, say the magic words, ask lots of questions, ride bicycles, draw & paint, see things differently, fall down & get up again, talk with animals, look at the sky, trust the universe, stay up late, climb trees, take naps, do nothing, daydream, play with toys, play under the covers, have pillow fights, learn new stuff, get excited about everything, be a clown, enjoy having a body, listen to music, find out how things work, make up new rules, tell stories, save the world, make friends with the other kids on the block, and do anything else that brings more happiness, celebration, relaxation, communication, health, love, joy, creativity, pleasure, abundance, grace, self-esteem, courage, balance, spontaneity, passion, beauty, peace, and life energy to the above named member and to other humans & beings on this planet.

Further, the above named member is hereby officially authorized to frequent amusement parks, beaches, meadows, mountain tops, swimming pools, forests, playgrounds, picnic areas, summer camps, birthday parties, circuses, cookie shops, ice cream parlors, theaters, aquariums, zoos, museums, planetariums, toy stores, festivals, & other places where children of all ages come to play, and is encouraged to always remember the motto of the Society of Childlike Persons:

It's Never too Late to Have a Happy Childhood

Chairperson, Committee of How to Keep Growing Young © 1987 Bruce Williamson

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ENHANCING WELLNESS

PHYSIOLOGICAL	EMOTIONAL	PSYCHO SOCIAL	SPIRITUAL
Practice relaxation techniques	Express cheerfulness (laugh/smile/sing)	Develop good interpersonal relations	Develop a spirit of praise
Get regular exercise	Develop self-respect	Go out of your way to help others	Give your time and means to worthy causes
Control and balance your diet	Plan ahead to eliminate some worries	Set goals and priorities	
Breathe deeply each day	Reduce the number of changes in your life	Forgive and forget	Learn to meditate effectively
Avoid harmful substances	Reduce time pressures	Develop creative hobbies and interests	
Drink six glasses of water each day	Avoid irritations/arguments (talk it out)	Join discussion and listening groups	Clarify your values and motives
Practice cleanliness and hygiene	Express gratitude	Simplify life style	Join a caring community (association)
Change your pace frequently	Develop positive attitudes and thinking	Avoid debt/save something each month	
Reduce noise	Regulate what you read and watch	Look for good in others	Be content with doing your best
Dress comfortably	Learn to make decisions	Don't give up if you fall	

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WELLNESS CHART

CAREER

- I am doing work that I love
- I have short-term & long-term career goals
- I have a number of work-related interests
- I have hobbies & interests that could be transformed into meaningful employment
- I am involved in lifelong education & training

FINANCES

- I have a satisfactory level of income
- I have plans to stabilize/increase my income
- I am satisfied with my spending habits
- I have a savings plan which I regularly review & which includes a retirement plan

HEALTH & WELLNESS

- I maintain a healthy level of fitness
- I practice good nutrition & sensible eating habits
- I maintain optimum levels of stress
- I maintain a mental "robustness"
 - optimistic
 - flexible & adaptable
 - positive attitude
 - positive risk taker/accept challenge

LEISURE

- I spend regular quality time alone
- I spend regular quality time with others
- I make time just to play!

RELATIONSHIPS

- I have a satisfying and fulfilling relationship
 - with self
 - with family
 - with partner
 - with friends
 - with colleagues

SPECIAL ENDEAVORS

- There are a number of things that I want to achieve in my lifetime
- I am consistently working toward these significant achievements

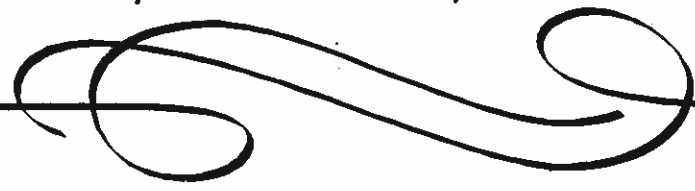
SPIRITUALITY

- I maintain a spiritual/meditative place in my life
- I have a personal philosophy of life which sustains me
- I am grounded and generally feel peaceful and serene
- I have come to a place of acceptance and peace
- I am on a spiritual path

TRAVEL/ADVENTURE

- I live life "out far and in deep"
- I live a life full of adventure and achievement
- I am fulfilling my needs for travel and adventure

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A CREDO FOR MY RELATIONSHIPS

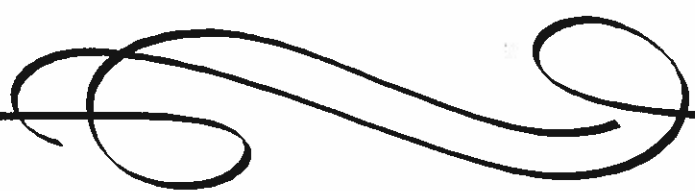
You and I are in a relationship which I value and want to keep. Yet each of us is a separate person with unique needs and the right to meet those needs.

When you are having problems meeting your needs, I will try to listen with genuine acceptance, in order to facilitate your finding your own solutions instead of depending on mine. I also will try to respect your right to choose your own beliefs and develop your own values, different though they may be from mine.

However, when your behavior interferes with what I must do to get my own needs met, I will tell you openly and honestly how your behavior affects me, trusting that you respect my needs and feelings enough to try to change the behavior that is unacceptable to me. Also, whenever some behavior of mine is unacceptable to you, I hope you will tell me openly and honestly so I can try to change my behavior.

At those times when we find that either of us cannot change to meet the other's needs, let us acknowledge that we have a conflict and commit ourselves to resolve such conflict without either of us resorting to the use of power or authority to win at the expense of the other's losing. I respect your needs, but I also must respect my own. So let us always strive to search for a solution that will be acceptable to both of us. Your needs will be met, and so will mine - neither will lose, both will win.

In this way, you can continue to develop as a person through satisfying your needs, and so can I. Thus, ours can be a healthy relationship in which both of us can strive to become what we are capable of being. And we can continue to relate to each other with mutual respect, love, and peace.



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Attitude

"The Longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes."

Charles Swindall

It takes a moment to change your attitude, and in that moment you can change your life.

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STEPS TO WELLNESS

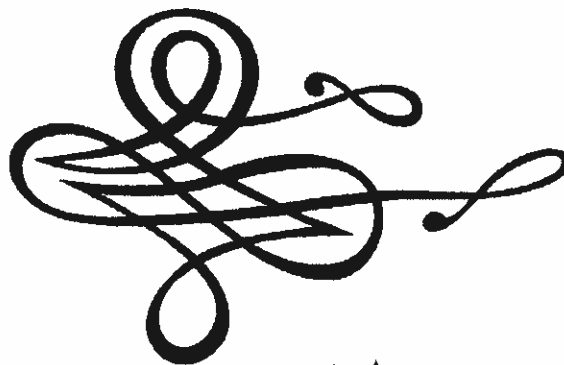
16. HOW TO UNDERWRITE YOUR SUCCESS
WITH A BUSINESS PLAN FOR YOUR OWN
WELL-BEING.
15. BEING "HEROIC" IN A WELLNESS SENSE,
WHAT IT COULD MEAN FOR YOU.
14. MAKING THE MOST OF LOCAL RESOURCES.
13. HOW TO BYPASS A HEART ATTACK.
12. SPIRITUALITY, A VITAL BUT DIFFICULT PART OF
WELLNESS.
11. THE IMPORTANCE OF HUMOUR AND PLAY
10. MANAGING TO FIND THE TIME FOR LIFESTYLE ARTISTRY.
9. HOW TO MASTER STRESS IN ORDER TO BE A MORE
EFFECTIVE PERSON.
8. DINING FOR PERFORMANCE, HEALTH AND PLEASURE.
7. WHAT IT MEANS TO BE FIT, AND HOW YOU CAN, AND SHOULD,
GET STARTED IMMEDIATELY!
6. WHY YOU MUST INCREASE YOUR COMMITMENT TO A STRONG
SENSE OF PERSONAL RESPONSIBILITY, AND HOW TO DO IT.
5. WHAT IT MEANS TO BE A HEALTHY PERSON. IMAGES YOU NEED TO
MANAGE A WELLNESS LIFESTYLE.
4. THE GREATEST THREATS TO YOUR CHANCES FOR WELL-BEING.
3. WHAT THE MEDICAL SYSTEM CAN AND CANNOT DO FOR YOU.
2. HOW HEALTHY ARE YOU, REALLY? THE WELLNESS TEST.
1. THE RULES OF AND OBSTACLES TO WELLNESS.

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SPIRITUALITY - A VITAL BUT DIFFICULT PART OF WELLNESS

To Strengthen Your Spiritual Formula:

1. Keep a perspective on the "big picture." Remind yourself that neither you nor the Earth you inhabit is the center of the universe and that, next century at this time, you will be dead.
2. Resist boredom as vigorously as you would oppose unnecessary exposure to plagues, venomous snakes and tobacco smoke.
3. Find someone to love and don't linger around vexatious persons.
4. Take chances and risks. Sometimes you must be vulnerable to become strong.
5. Discover rituals or healing ceremonies that bring on peaceful states. Any form of relaxation that centers and quiets will do.
6. Tell the truth, be friendly, make friends, find challenging and fulfilling work, exercise daily, eat wholesome food, take responsibility, set worthy goals, play a lot, be kind to animals and children, have adventures, laugh as much as possible and look for joy at every opportunity.



Resource #27

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THE SIX DIMENSIONS OF WELLNESS

PHYSICAL:

The ability to carry out daily tasks, maintain adequate nutrition and proper body fat levels, develop total fitness, and avoid the abuse of drugs, alcohol and tobacco products.

MENTAL/INTELLECTUAL:

The ability to learn and use information effectively for personal, family or career development. Able to learn to deal effectively with new challenges and to strive for continued growth.

EMOTIONAL:

The ability to control stress and express emotion appropriately and comfortably. Able to accept feelings and not be defeated by setbacks or failures.

SPIRITUAL:

The ability to perceive meaning and direction to life, and develop morals, ethics and values.

SOCIAL:

The ability to interact with people, to develop and maintain intimacy with loved ones, and to respect and tolerate those with different opinions and beliefs.

OCCUPATIONAL:

The ability to find stimulation, challenge and satisfaction in a career through skill-development, knowledge-building, opportunity-making and personal goal-setting.

These definitions of the wellness dimensions were developed by the
National Intramural and Recreational Sport Association (Canada).

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INQUIRING INTO WELLNESS

OBJECTIVE: To become aware of the wide variety of ideas and concerns related to wellness. Select five readings from periodicals, fiction and non-fiction books, reference materials and other publications on topics related to wellness. Complete a synopsis worksheet for each reading.

SYNOPSIS:

Topic: What is the reading about?
Main Idea: What is written/said about the topic?
Supporting Details: What specific facts or details does the author use to develop the main idea?
Use the cues: who? what? where? when? why? how?



Source: Give a complete reference for your reading.

Examples:

- Fowers, B.J. (1993). ENRICH Marital Satisfaction Scale: A brief research and clinical tool. Journal of Family Psychology, 7, Pgs. 176 - 185.
- Burnout is more than just a state of mind. (1995, December 02). Times Colonist, p. D36.
- Kawachi, I. (1995, December 02). Study: Irregular shift work takes toll on women's hearts. Times Colonist, p. C7.

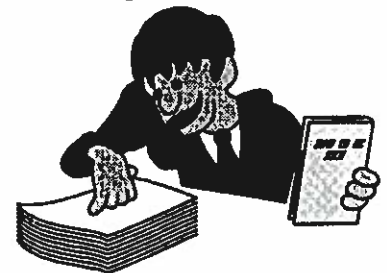
Library date: _____

PRESENTATION: Each synopsis should be placed on a separate page. The five should be assembled and handed in with a cover page that reflects some aspect of wellness. Sloppy work will not be considered for marking.

Due Date: _____

MARK SCHEME:

Presentation	5 marks
Synopsis	5 marks each
Use of library time	10 marks
Total possible	40 marks



Date: _____

Name: _____

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Breakfast



Breakfast can be literally translated as “breaking the fast”. Your body has been without food for nearly half a day. If your last meal or snack was at 9 p.m. and you awake at 7 a.m., you have spent 10 hours of your day foodless.

Breakfast has an important role in contributing nutrients as well as calories to the diet. A morning meal that includes complex carbohydrates (starch) is best to maintain the blood glucose level (blood sugar level) above the fasting level. The tissues and cells in your body, and especially the brain, rely on a constant energy supply to work at their best. A blood glucose level that stays above the fasting level ensures that enough energy is being supplied to your body tissues.



“I DON’T HAVE TIME” - you really do have time to do what you want to do. It is important to make time to eat. If you don’t have time before you leave for school or work, pack a quick breakfast for your first free moment. It is suggested that you eat within three hours of waking.

“I’M NOT HUNGRY IN THE MORNING” - if you rearrange your current meal patterns, you probably will be hungry. Most often, people who lack a morning appetite ate their breakfast at bedtime. Evening snacks can certainly curb one’s morning appetite.... and also contribute to weight

gain (if you over-eat), dietary deficiencies and muscular fatigue.

“I’M ON A DIET” - the most successful diets start with a substantial breakfast rather than end with a huge dinner. Research suggests you are more likely to burn off calories that you eat during the day in comparison to eating the same calories in the evening. Studies show that people who skip breakfast have more trouble controlling their weight.



Adapted from Penn State Nutrition Centre, College of Health and Human Development, Benedict House, The Pennsylvania State University, University Park, USA, 16802

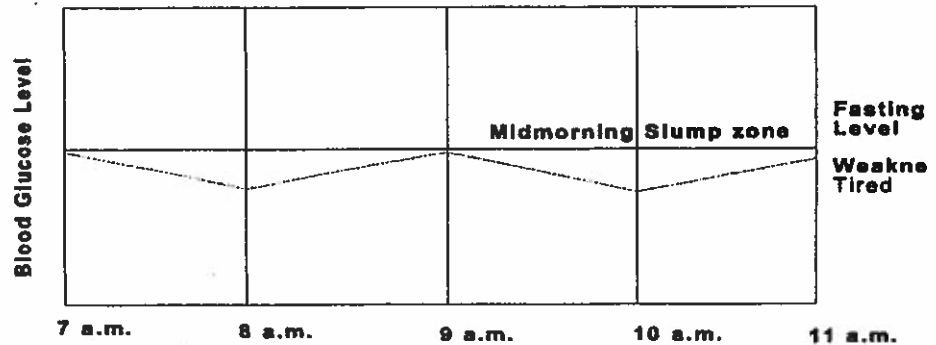
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Breakfast

Skips Breakfast

Energy must come from limited glucose stored in body

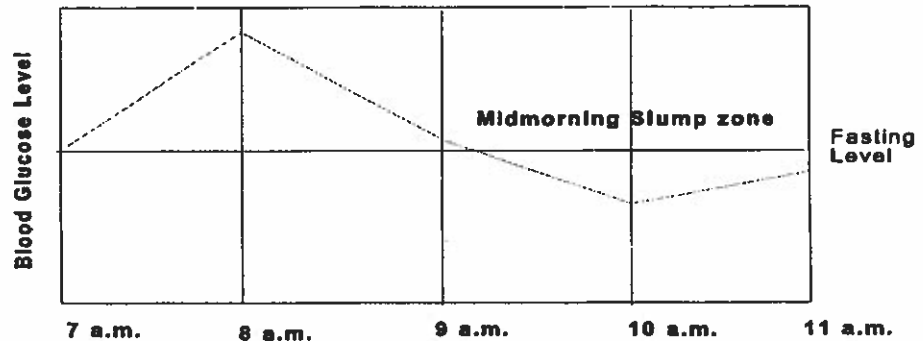
Carbohydrates 0 grams
Protein 0 grams



Breakfast high in Simple Carbohydrates

2 raised Doughnuts and
½ cup orange juice

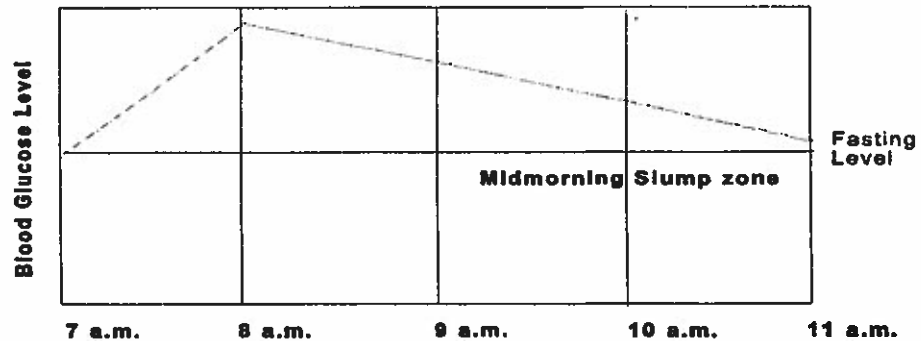
Carbohydrates 45 grams
Protein 6 grams



Breakfast high in Complex Carbohydrates

Whole Wheat Toast with
Peanut Butter and
Yogurt with Strawberries

Carbohydrates 65 grams
Protein 16 grams



Adapted from Penn State Nutrition Centre, College of Health and Human Development,
Benedict House, The Pennsylvania State University, University Park, USA, 16802

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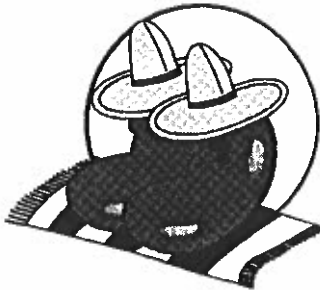
Breakfast Problems

PROBLEM #1

Breakfast is not appealing to some people because they are not hungry in the morning. The reason for this might be that the heaviest concentration of calories comes in the evening with a late dinner and a late snack adding up to more than half of the day's calories.



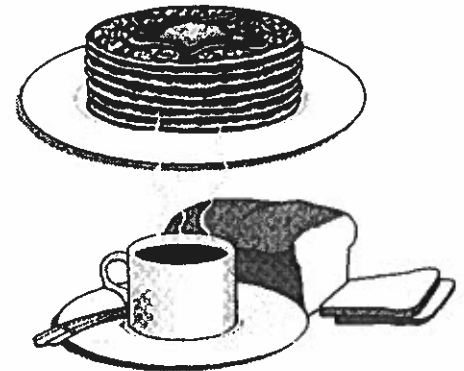
PROBLEM #2



Some people lack an appetite in the morning.

PROBLEM #3

Some people try to lose weight by skipping breakfast. As a result, they often overconsume food and calories at lunch and dinner.



PROBLEM #4

Traditional breakfast meals such as bread and cereal are boring.

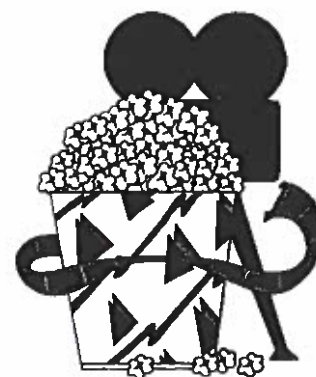
Adapted from Penn State Nutrition Centre, College of Health and Human Development, Benedict House, The Pennsylvania State University, University Park, USA, 16802

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Breakfast Solutions

SOLUTION #1

Cut back on your evening meals. This might make you more hungry in the morning for a hearty breakfast. Eating a smaller meal at dinner and a satisfying breakfast will also help to balance your calorie intake more evenly over the day and help maintain a steady blood glucose level.



SOLUTION #2

Allow some time before you eat. Wake your body up by stretching and doing some morning exercises.

SOLUTION #3

Eat a breakfast which contains complex carbohydrates, protein and fiber. This can be very effective in controlling weight, maintaining a steady blood glucose level, and in satisfying hunger.



SOLUTION #4

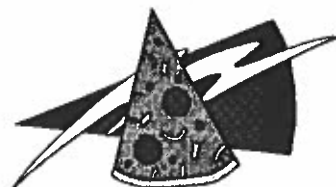
A slice of pizza in the morning does no harm and may even be more interesting. Eating your favorite dish in the morning is acceptable as long as the missed fruit juice, whole grains and low-fat milk are replaced at lunch or dinner.

Resource #33

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Breakfast Problem and Solution



PROBLEM:

Breakfast items served at fast-food restaurants or breakfast foods from the freezer are often high in fat and sodium and low in fiber. Look at the chart below to get an idea of how high in fat and sodium some "quick" breakfast foods are. An ideal breakfast meal should provide about 20% - 30% of your daily calories, which would be about 420 - 630 calories for teenage girls and about 560 - 840 calories for teenage boys. Of these calories, approximately 30% or less should come from fat and the sodium content should be less than 1000 mg. for the entire breakfast meal.

Food	Calories	% Calories from Fat	Sodium (mg.)
McDonald's Egg McMuffin	290	38	885
Wendy's Omelet/Ham/Cheese	290	65	579
Sara Lee Cheese Danish	130	55	170
Great Starts Eggs/Sausage/Potatoes	410	72	790

SOLUTION:

Select fast food and frozen breakfast foods that are lower in fat and sodium or prepare your own quick and nutritious breakfast. Look at the suggestions below for nutritious "eating on the run".

Food	Calories	% Calories from Fat	Sodium (mg.)
Burger King Bagel with Egg	345	28	628
McDonalds Muffin with butter and grape jam	226	25	310
Pillsbury microwave buttermilk pancakes	260	14	590

Web sites for Fast Food Facts: <http://dfwmusic.com/fastfood/subway.html>
(/dairyqueen.html, /kfc.html, /mcdonalds.html)

Adapted from Penn State Nutrition Centre, College of Health and Human Development, Benedict House, The Pennsylvania State University, University Park, USA, 16802

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A Better Start with Breakfast

THE TASK:

Design a breakfast menu.

- Menu Title: "Breakfast On The Run"
- Eye-catching design
- Two parts:
 - (a) Traditional
 - e.g. cereal and milk, plus 1 glass orange or grapefruit juice
 - (b) Untraditional
 - e.g. cheese pizza piece and milk or juice

MARKS:

- | | |
|----------------------------|------|
| - Presentation of the Menu | (10) |
| - Food groups included | (5) |
| - Cost (reasonable) | (5) |
| - Appealing to students | (5) |
| - Time to prepare | (5) |

Student Notes:

8.

Stress**Physical Effects of Stress**

Stress tells your body that something dangerous is happening. Your body quickly takes steps to meet the danger. Its reactions are wonderful for dealing with rare and brief moments of danger, but these same reactions wear the body down when they last for a long time.

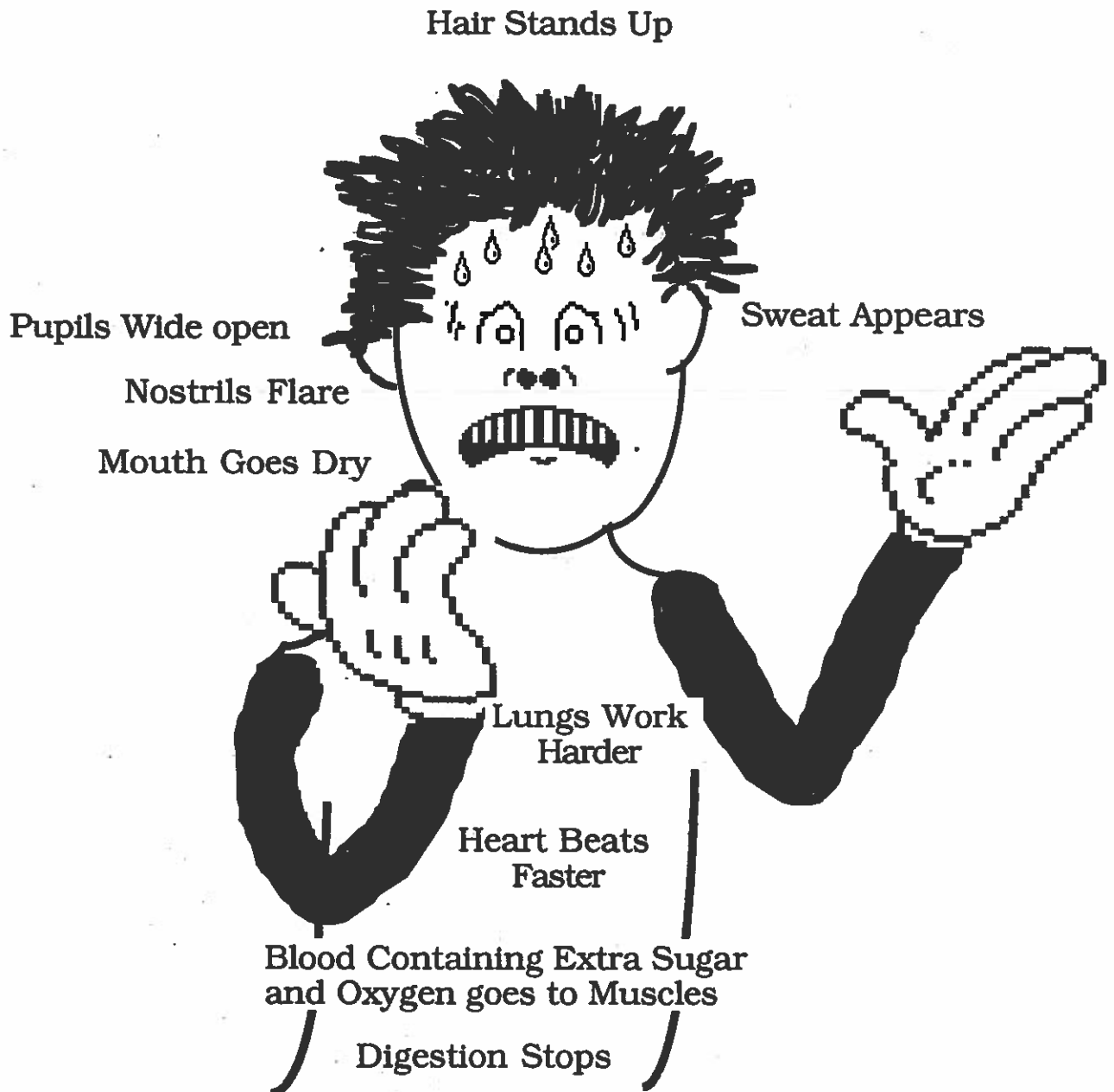
Here are some of your body's reactions to stress, and what these reactions do if they continue for a long time. Why would these reactions be useful if a lion were to spring out from behind a bush and chase you?

Immediate reaction	Possible long-term effect
heart beats faster	raises pressure of the blood and may lead to strokes and heart attacks
faster breathing	muscles used in breathing may become painful and tired
digestion of food slows or stops so blood can flow to large muscles	painful sores (ulcers) in the stomach or intestines
blood flows to large muscles, leaving head, hands, feet	cold hands and feet, migraine headaches
blood coagulates (thickens) faster	increased chance of harmful blood clots and stroke
sugar (energy) moves into bloodstream	causes drops in blood sugar at other times, leading to tiredness
muscles contract	tiredness

Stress-Reducing Activities

1. Two minutes of daydreaming a day.
2. Stretching exercises, even if seated at a desk, or holding arms out and shaking hands as loosely as possible.
3. Listening to favorite music.
4. Any exercise, from walking to vigorous sports.
5. Breathing deeply through the nose, letting only abdominal muscles expand and contract, not chest or shoulders.
6. Working at a favorite hobby.
7. Taking a warm bath.
8. Reading a book.
9. Talking to someone. Blowing off steam.
10. Avoiding sugar and caffeine, which increase anxiety. (Regular colas have lots of both.)
11. Developing a sense of humor and doing something that makes you laugh—reading a comic book, watching a funny program or movie, exchanging jokes with a friend. Laughter is a great stress reducer.

Ways That the Body Responds to Stress



Name _____ Date _____

DE-STRESSING

Stress is anything that upsets you or produces anxiety. Stress usually includes nervous feelings and emotional responses. All of us experience stress at times. In fact, some stress is good and increases our effectiveness. When you are asked to make a class presentation, you feel stress. The stress makes you prepare for the presentation because you want to do a good job. When the presentation is over, the stress usually goes away. It is when you experience stress for a long period of time that stress can become harmful.

Stress-producing situations may be physical or emotional. Physical stress might occur when you are working long hours, going to school, and trying to make an athletic team all at the same time. All of the physical activity without enough rest finally wears you out. Emotional stress might occur in a situation where there is a lot of arguing and fighting. Another emotionally stressful situation might occur when you don't complete your homework and feel that you are getting so far behind that your grades are going to suffer.

You may or may not be able to control stress-producing situations. If the stress-producing situation is one that you can control, then you can make a decision to remove the stress. If the stress-producing situation is not under your control, you may not be able to remove that stress-producing situation. However, there are things that you can do to relieve the stress. The following activities may suggest strategies for relieving stress.



Belonging

*A blur of faces
no specific race or color
no names just smiling faces
each one with a story to tell
they unify
unknowingly they are crossing bridges
and breaking every barrier that Society has placed on them
they learn that they can have fun together
they run
exercising their right to be healthy
mentally and physically
satisfying the soul within
they jump
feeling the freedom of flight
and coming back to reality
a reality that does not seem so overwhelming
they throw
with all of their might
the pain that each has endured
melts away with each passing moment
they compete
not with each other but within themselves
and with every step they knock down a wall
and they will overcome
they laugh
as each child must in order to survive
innocent to the powers of hate
struggling with a reality unknown to them
they belong
because they want to.*

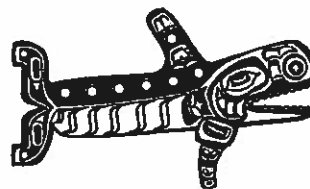
Mika Lafond
04/26/01

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TWELVE PRINCIPLES OF ABORIGINAL PHILOSOPHY

1. **WHOLENESS.** All things are interrelated. Everything in the universe is part of a single whole. Everything is connected in some way to everything else. It is only possible to understand something if we understand how it is connected to everything else.
2. **CHANGE.** Everything is in a state of constant change. One season falls upon the other. People are born, live, and die. All things change. There are two kinds of change. The coming together of things and the coming apart of things. Both kinds of change are necessary and are always connected to each other.
3. **CHANGE OCCURS IN CYCLES OR PATTERNS.** They are not random or accidental. If we cannot see how a particular change is connected it usually means that our standpoint is affecting our perception.
4. **THE PHYSICAL WORLD IS REAL. THE SPIRITUAL WORLD IS REAL.** They are two aspects of one reality. There are separate laws which govern each. Breaking of a spiritual principle will affect the physical world and vice versa. A balanced life is one that honours both.
5. **PEOPLE ARE PHYSICAL AND SPIRITUAL BEINGS.**
6. **PEOPLE CAN ACQUIRE NEW GIFTS, BUT THEY MUST STRUGGLE TO DO SO.** The process of developing new personal qualities may be called "true learning".
7. **THERE ARE FOUR DIMENSIONS OF "TRUE LEARNING".** A person learns in a whole and balanced manner when mental, physical, and emotional dimensions are involved in the process.
8. **THE SPIRITUAL DIMENSION OF HUMAN DEVELOPMENT HAS FOUR RELATED CAPACITIES:**
 - the capacity to have and to respond to dreams, visions, ideals, spiritual teachings, goals, and theories
 - the capacity to accept these as a reflection of our unknown or unrealized potential
 - the capacity to express these using symbols in speech, art or mathematics. (music, dance or drama)
 - the capacity to use this symbolic expression towards action directed at making the possible a reality
9. **PEOPLE MUST ACTIVELY PARTICIPATE IN THE DEVELOPMENT OF THEIR OWN POTENTIAL.**
10. **A PERSON MUST DECIDE TO DEVELOP THEIR OWN POTENTIAL.** The path will always be there for those who decide to travel on it.
11. **ANY PERSON WHO SETS OUT ON A JOURNEY OF SELF-DEVELOPMENT WILL BE AIDED.** Guides, teachers and protectors will assist the traveller.
12. **THE ONLY SOURCE OF FAILURE IS A PERSON'S OWN FAILURE TO FOLLOW THE TEACHINGS.**

Source: Group of Elders, Lethbridge, Alberta who came to consensus:
Four Worlds Development Project, First Nations People: Becoming Healthy Leaders.



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TRADITIONAL FIRST NATIONS CODE OF ETHICS

1. Give thanks to the Creator each morning upon rising and each evening before sleeping. Seek the courage and strength to be a better person.
2. Showing respect is a basic law of life.
3. Respect the wisdom of people in council. Once you give an idea it no longer belongs to you, it belongs to everyone.
4. Be truthful (with compassion) at all times.
5. Always treat your guests with honour and consideration. Give your best food and comforts to your guests.
6. The hurt of one is the hurt of all. The honour of one is the honour of all.
7. Receive strangers and outsiders kindly.
8. All races are children of the Creator and must be respected.
9. To serve others, to be of some use to family, community, or nation is one of the main purposes for which people are created. True happiness comes to those who dedicate their lives to the service of others.
10. Observe moderation and balance in all things.
11. Know those things that lead to your well-being and those things that lead to your destruction.
12. Listen to and follow the guidance given to your heart. Expect guidance to come in many forms: in prayer, in dreams, in solitude and in the words and actions of elders and friends (and in situations and happenings).



Source: Group of Elders, Lethbridge, Alberta who came to consensus: Four Worlds Development Project, First Nations
People: Becoming Healthy Leaders.

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SKILLS FOR EVOKING THE BEST IN YOURSELF

- ✓ Commit yourself to living a balanced life.
- ✓ Practice being PROactive versus reactive.
- ✓ Acknowledge successes along the way, not just end results.
- ✓ Create a caring and supportive environment.
- ✓ Give acknowledgment/positive feedback in the creative process.
- ✓ Manage your anger effectively and help others learn to manage theirs.
- ✓ Practice owning the best in yourself.
- ✓ Teach others to own the best in themselves.
- ✓ Use humor.
- ✓ Really hear, not just listen to others.
- ✓ Collaborate instead of compete with others.
- ✓ Surround yourself with supportive people.
- ✓ Focus on your goals or vision.
- ✓ Minimize the stress in your life, while focusing on what you want.
- ✓ Believe in yourself and others.
- ✓ Give others the flexibility to achieve a goal their way, not your way.
- ✓ Take risks, respect "mistakes" as feedback in the creative process.
- ✓ Be honest with yourself and others.
- ✓ Put yourself in the other's place.
- ✓ Recognize the potential in each person.
- ✓ Trust.
- ✓ Have fun.

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Wellness is....

A positive approach to living resulting in the well-being of the body, mind, heart, and spirit.

High-level wellness is a necessary condition for enhanced levels of individual performance. It involves a balanced, controlled approach to each of the spokes of the Wellness Wheel.

The success you achieve in each of these spokes is determined by choosing behaviours that improve the quality of daily living.

By making informed choices you take charge and maintain control of your life.

Wellness has the potential to improve how we work,
to advance social responsibility,
to improve academic success,
and to increase happiness and good health in life.