

Welcoming Wellness Newsletter - March 2024



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Crisis & Mental Health Links



LifeWorks EFAP: Click Here or Call
1-844-880-9137 - Available 24/7



WellAssist Pilot Program -
Employee Self-Referral



BC Crisis Centre: Click here to
learn more, or call 1-800-SUICIDE



Community Mental Health
Resources - Click to Learn More

March is Nutrition Month! We are celebrating with a webinar series of 4 different webinars, and sharing nutrition resources that are available to help you during Nutrition Month and all year long. We are also sharing an opportunity to win a prize, resources to access over Spring Break to benefit your wellness, a gut health video series and delicious superfood recipes. You can also register to be notified as soon as registration for our April 22 Pro-D opens. Keep reading for all the details!

Nutrition Month Webinar Series - Tuesdays & Thursdays 3:30 - 4:30 PM



March is Nutrition Month, and to celebrate, we are hosting a series of 4 webinars to help support your nutrition. These webinars are hosted by Registered Dietitian Caroline Doucet, who is based here in Vancouver. Caroline graduated in 2017 with a Bachelor of Science in Nutrition from the University of Moncton. She has worked as a clinical dietitian in Saint John, New Brunswick and Vernon, British Columbia, before opening a private practice here in Vancouver. She has experience in different areas, including diabetes, gastroenterology, oncology, psychiatry, nephrology and cardiology. To register, click the title of the webinar you are interested in below, or e-mail us at wellness@vsb.bc.ca. All workshops will be recorded and posted on the [Webinar Recordings & E-Learning page](#) for 6 months following recording.

March 5: Understanding Nutrition Labels

Making healthy choices can be a challenge with so many competing products on the market, all making a variety of health claims. It can be confusing and time consuming trying to determine the nutritional and health value of packaged products. This session will teach participants to read nutrition labels in order to understand a product's nutritional value, differentiate products, and make healthier choices.

March 12: Mindful Eating at Work

Healthy eating is about more than the foods we eat. It's about discovery, creativity, and mindfulness in how we prepare and enjoy food. Mindful eating invites us to tune in to our body's hunger cues, our emotions and environment, and encourages opportunities for connection and joy through food. In this webinar, participants will discover mindful eating strategies that encourage a positive relationship with food, and that build healthy eating habits in the workplace and in their lives.

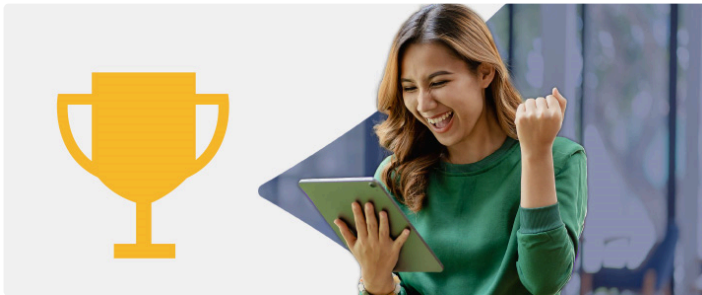
March 7: Eating Plan for Stress Management

Stress is a common workplace challenge that can have an impact on mental and physical wellbeing. Eating habits play a significant role in helping the body combat stress, yet as stress mounts, even healthy employees can see their eating habits deteriorate. In this session, participants will learn how the right foods can bolster energy levels, immune defences, and mental clarity. They will also explore what they can do to maintain a balanced diet that promotes a stress-free lifestyle.

March 14: Eating for Energy

People often find themselves trapped in a peak-and-valley pattern of high and low energy fueled by coffee, sugary snacks, and Sunday sleep-ins that never seem to provide them with quite enough rest. Keeping your energy up and at a steady pace can be made easier by selecting appropriate foods. This seminar will discuss nutritious food choices that can increase participants' energy and reduce the mid-afternoon drowsiness that they may feel.

LifeSpeak Watch & Win: Enter to Win Until March 14



Until March 14, for every video you watch on the [LifeSpeak platform](#), you can enter into a prize draw for a \$25 Amazon gift card!

LifeSpeak has videos on a wide range of topics, including physical health, mental health, professional development, parenting and more.

After each video you watch, you will be prompted to enter your email (VSB email address required), which will enter you into a prize draw. The more videos you watch, the higher your chances of winning! This contest is managed by LifeSpeak, so all entries and videos watched are completely confidential.

Here are some direct links to videos to get you started - since it is Nutrition Month, we have focused on healthy eating videos, but there are a wide range of topics available (if prompted, use access ID: wellness):

- [Nutrition and metabolic health](#)
- [What are the best foods for anti-aging?](#)
- [How can I get my child to eat more vegetables?](#)
- [Tips and tricks to simplify family dinner](#)
- [Can food really help improve your mental health?](#)
- [A complete overview of carbs](#)

Register Your Interest for the April 22 Pro-D

We will be hosting our third and final Pro-D day of the year on April 22 at Gladstone Secondary. Registration will be opening soon, enter your e-mail in the form below to be notified as soon as registration opens.

We will be hosting workshops on movement, finances, 2LGBTQIA+ topics and more. Register below to receive all the details as soon as they are available!

Register Your Interest for the April 22 Wellness Pro-D

We will send the registration link to your VSB e-mail as soon as registration is open!

Hi, Ericka-Jade. When you submit this form, the owner will see your name and email address.

1. Full Name

Enter your answer

2. VSB E-Mail Address

Enter your answer

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Access Tools & Resources on Spring Break

Nutrition Resources from TELUS Health



There are many online resources available to support your well-being over Spring Break, from online courses and assessments, to videos, expert blogs, and live chats. Explore the links below to get started!

- [AbilitiCBT Counsellor-Assisted Online Therapy](#)
- [Indigenous-Specific AbilitiCBT](#)
- [Breaking Free Substance Use Support](#)
- [LIFT Session Fitness](#)
- [TELUS Health Toolkits](#)
- [TELUS Health CareNow Self-Paced CBT Programs](#)
- [TELUS Health Self-Assessments](#)
- [LifeSpeak Videos](#)
- [Ask the Expert Web Chats](#)
- [Culturally-Relevant Community Based Resources](#)
- [MindUP Mental Health E-Learning](#)
- [Webinar Recordings](#)
- [Wellness Video Library](#)
- [Wellness E-Book Library](#)



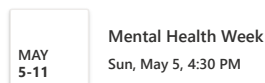
The TELUS Health platform and Employee and Family Assistance program has a wide variety of nutrition resources, such as the [Eating Well Nutritional Counselling Program](#), a [Mindful Eating Guided Exercise](#) and [other articles, podcasts, and infographics!](#)

By calling the Employee and Family Assistance Program at 1-844-880-9137, you can access Nutrition Counselling and Naturopathic services completely free, to help you get your nutrition on track! You can connect with a Registered Dietitian over the phone to ask all of your nutrition questions and get advice.

The online TELUS Health Program also has a self-led CareNow program on [Eating for Health](#). There is also a [Physical Health Assessment](#), which looks at nutrition and other factors, and provides recommendations based on your responses. If prompted, login with your VSB e-mail and password.

[See all](#)

+ Add event



Featured LifeSpeak Volume: Gut Health

The Gut Health module from LifeSpeak is a series of 6 videos that explore everything you need to know about gut health.

This module explores what a healthy gut is, the impact of gut health on diseases later in life, how your gut health impacts your brain and mental health, gut health for children, how to maintain a healthy gut, and the effects prebiotics, probiotics, and postbiotics on gut health. Every LifeSpeak module has transcripts available for each video, as well as a "tip sheet", to accommodate different types of learners, or to use as a quick reference, if you want a refresh on the material from the module.

This module is taught by Nishta Saxena, a Registered Dietitian and Nutritionist. Her expertise is focused on pediatric and family nutrition, coaching families through their life cycle. She also works with adults

Featured Video: What is a Healthy Gut & Why Should We Care About It?

managing and preventing chronic diseases including heart disease, fatty liver, high cholesterol, and Type 2 Diabetes. In her 15 years of clinical practice, Nishta has helped thousands of families around the world move through their lives with energy, and experience the powerful health effects of optimal nutrition. She is also a well-known "nutrition myth buster", promoting evidence-based nutrition with a common-sense approach.



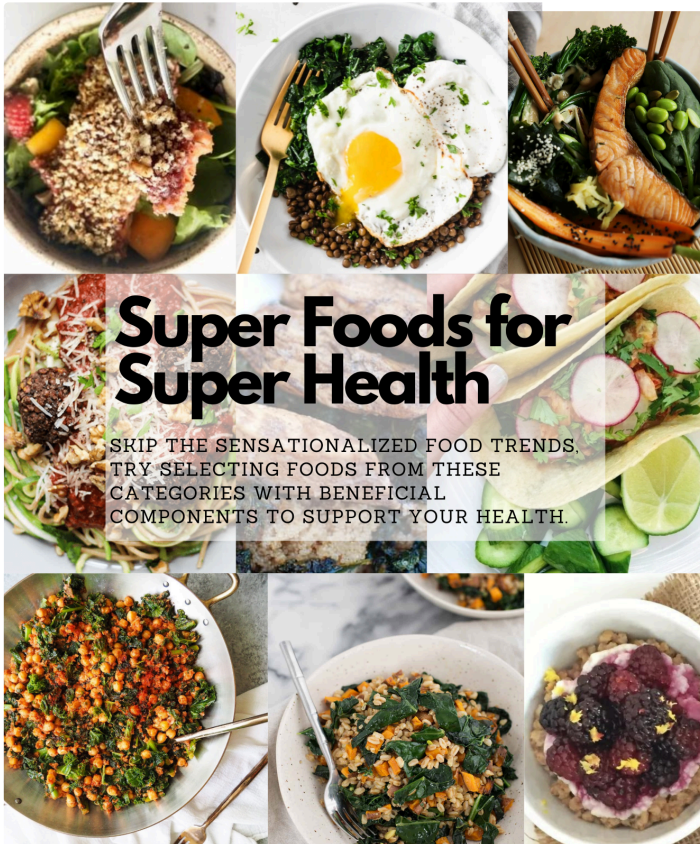
FROM THE VIDEO SERIES "GUT HEALTH"

What is a healthy gut and why should we care about it? 4m57s

with Nishta Saxena

[Continue Learning →](#)

If you are prompted to login, our organization's access ID is wellness.




Recipe Roundup: Superfood Recipes for Nutrition Month

While no one food is a cure-all for health, there are certain categories of foods that can benefit our health, especially when you combine them. Some examples of these "super" food categories are berries, dark leafy greens, beans & pulses, nuts & seeds, fermented foods, fish, and whole grains. What makes these foods so super? Things like [fibre](#), [folate](#), [healthy fats](#), [phytochemicals](#), [probiotics](#), and [protein](#). Rather than focusing on sensationalized food trends (which can often come with a hefty price tag), try seeking out foods that fall into these categories, and try out different grains, fruits and vegetables to increase the variety in your diet. Keep reading for recipes that combine these "super" ingredients!

- [Chia Seed Jam Salmon from Kristen Nielan, RD](#)
- [Kale Lentil Breakfast Bowl from Kaleigh McMordie, MCN, RDN](#)
- [Spanish Chickpeas & Kale from Rachael Hartley, RD](#)
- [Honey Balsamic Chicken, Kale & Amaranth from Chrissy Carroll, RD](#)
- [Warm Farro & Kale Salad from Alexandra Caspero, RD](#)
- [Salmon & Miso Poke Bowl from Emma Ellice Flint, CN](#)
- [Blackberry Ricotta Breakfast Sorghum from Lauren Harris-Pincus, MS, RDN](#)
- [Spicy Kimchi Tacos with Smashed Chickpea from Desiree Nielsen, RD](#)
- [Lentil & Walnut "Meat" Balls & Spaghetti from Debbie Murphy, RD](#)

Want to stay updated on wellness?

Enter your e-mail to have wellness updates delivered to your inbox each month. Wellness updates will also be published to Sharepoint.

1. Email address 

Enter your answer



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