

**December Mental Health and Wellness Theme:**  
**Give Yourself Time and Permission for Self-Care**

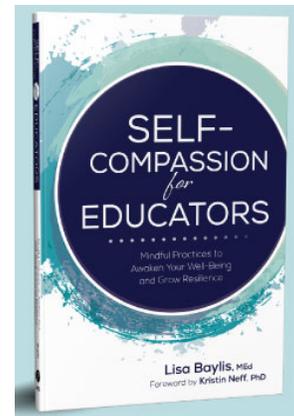
**“Give yourself a Break” Is back!** Your RPSTA Mental Health and Wellness Committee wants all of you to know you are recognized for the hard work you do and you deserve to take time for yourself.

**No Entry Needed! On December 16, 2022 all members' names will be entered to win 1 of 2 prizes! Prizes will be a book and a Tim Hortons gift Card.**

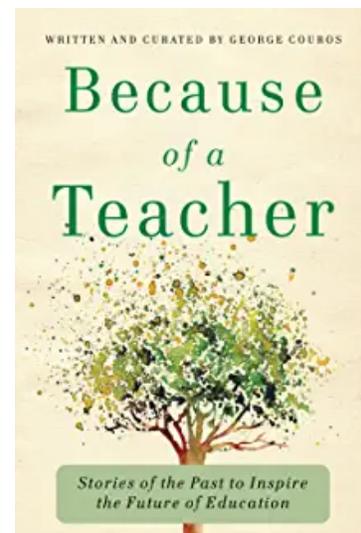
**Thank you Lisa Baylis for donating her book Self Compassion for Educators.**

-Please take the time to check out Lisa Baylis' website by clicking [here](#) You can also find her on Instagram: <https://instagram.com/lisabaylis?igshid=YTY2NzY3YTc=>

-Check her out on Youtube as well. Here is one of her videos: Click [here](#) to watch “Compassion Fatigue: Help for Stress, Burnout and Exhaustion with Lisa Baylis”



**Thank you to RPSTA for donating our second book: Because of a Teacher by George Couros.** Click [here](#) to check out his website.



**Looking for reasons to care for yourself? Check out these articles!**

Click [here](#) to read “What is Self-Care and Why is it Important to your Health?”

In the article read about:

- Learn what self-care is
- Why is it critical to your well-being?
- How to start a self-care routine
- Tips for Self-Care
- Much, much more!

**Click [here](#) to read “What is Self Care and Why is it Important?”**

In the article read about:

- what is self-care?
- what are some examples of self-care?
- why is self-care so important?
- and more!

**Don’t have much time? Watch this short video to get yourself started on the road of self-care!**

Click [here](#) for “3 Tips to Overcome Self-Criticism”

**Are you tired? What can you do about it?** Check out this TedTalk for some helpful hints.

Click [here](#) to watch “The real reason why we are tired and what to do about it”

Sandra Dalton-Smith