

# THE MAINE PULSE

Quarterly Wellbeing Updates



Lupine Field in Sherman, Maine. Submitted by Cheryl Carrell.

## Take one-minute breaks to improve your wellbeing and performance!

- Build breaks into your day to be more intentional. Stop and plan out the outcomes you want for meetings big and small. Your mind must arrive at your destination before your life does.
- Breaks help you to be the RULER of your emotions. **R**ecognizing emotions as they arise, **U**nderstanding the root causes, **L**abeling them accurately, **E**xpressing them appropriately, and **R**egulating them effectively.
- Start meetings with a mindful minute. Invite attendees to drop any thoughts or emotions carrying over from their last meeting so all can focus on this one.
- Make it a habit. A great way to ensure you take breaks is to place them on your calendar. Yup, that's right. Plan to take them...and then actually take them!
- What's the best place to start? Check out Whil under the Programs tab.

Information from Whil, a Virgin Pulse partner.

Have a picture from somewhere in Maine you want to highlight in July? Send to [Kristen.easter@virginpulse.com](mailto:Kristen.easter@virginpulse.com) and she will be picking a random one for each newsletter. If your picture is chosen, you'll receive a point voucher!

## Q3 DRAWING WINNERS

**Audrey Cliff, RSU 22**  
**Marcie Coffin, SAD 64**

All members who reach **Level 2 or above** in the current quarter on Virgin Pulse will be entered into the drawing for \$250 Pulse Cash. Two winners will be picked!

## UPCOMING ACTIVITIES

**April 12-16** Member Survey  
5,000 bonus point opportunity!

**May 10-24** State Parks of Maine  
Destination Challenge

**Promoted Healthy Habit  
Challenges**

**April 12-18** Go Green

**May 10-16** Sweet Talk

**June 14-20** Exercise Break

# RSU 40 RECOGNIZES PEERS

Friendship, Waldoboro, Union, Warren, Washington

As a wellness ambassador, I saw a need to better support our staff. With this goal in mind, a wellness site was created for our district. Topics staff can find on the site include signs and symptoms of staff burnout, self-assessment tools, wellness ideas to utilize during meetings to support self-care and wellness, monthly tips, benefits navigation, and more. Each month we have challenges open to all staff and they can win prizes that support their mental and physical health. We have also included a space dedicated to recognizing those who go above and beyond in the workplace called "Cheers from Peers". Staff can nominate their coworkers who demonstrate our district values, thank them for something they have done, or share their admiration! This also allows others in the district to share the gratitude. It is my hope that staff are feeling cared for and appreciated for all they do for each other and the students here at RSU 40!

**Written by Angela Arteaga, Mental Health & Wellness Coordinator at RSU 40**



## OVERNIGHT OATS WITH CINNAMON & BANANA

Need a new breakfast idea that is quick, easy AND healthy? Follow the link to get this overnight oats recipe:

<https://zipongo.com/recipes/35560493>

### Daily:

- Browse recipes - 10 points
- Track calories through My Fitness Pal - 20 points

### Weekly:

- Favorite a recipe - 10 points
- Add recipe to grocery list - 10 points



Do you or your district have a success story you want to share in a future newsletter? Reach out to [kristen.easter@virginpulse.com](mailto:kristen.easter@virginpulse.com) !

## REMINDERS

- Tip: At the start of each new quarter, check out the ways to boost your points (like setting up your sleep profile). Home tab > How to Earn and look for the quarterly earnings in each section.
- Journeys are a great way to work towards your goals (plus earn points!) To see all the topics available: Health tab > Journeys



In mindfulness, we are not trying to hide our emotions. We're learning to more skillfully manage them by managing our attention and the power that we give to our thoughts. Check out the Whil program for more helpful tips and earn points!