

# October Wellness Tips



October is Breast Cancer Awareness Month, and all BPS employees have the right to up to four (4) hours of paid, excused time annually for the purpose of a screening for cancer, of any kind. For more info & the form, go to [www.buffaloschools.org/benefits](http://www.buffaloschools.org/benefits) and click on Employees.

October is also Bullying Prevention Month. BPS staff is expected to model good behavior for students and that good behavior is expected to extend to all staff members. Remember, we are all responsible for creating and maintaining a safe & respectful workplace.



## How to Stay Resilient During Times of Change

Of the many factors that go into navigating change, whether personal or work-related, the most important may be resiliency. Resilience is the measure of our ability to welcome challenges, overcome adversity and get back on track to achieving our goals. With that in mind, here are some helpful hints on resilience and changing times.

### What is resilience?

Resilience is more than coping; it's about confronting difficult situations and rising to challenges without getting overwhelmed by them. Resilient people are better able to handle life's stressors and to adapt to changing situations. Being resilient can help protect you from depression, stress and anxiety, too.

Some of the characters of resilient people include:

- Strong relationships
- Self-motivation
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- Self-awareness
- Emotional control

### Resiliency at Work and Home

Resiliency means controlling your ego, not panicking in the face of a setback, and having the patience and ability to stay focused on long-term goals. Resilience can help you weather storms, remain steady and make rational decisions instead of being driven by emotion. No doubt upheaval can be stressful, but there are things you can do to cope with changing environments:

- **Find a healthy balance.** Your work is important, but it's unhealthy if you live, breathe and sleep your job. Take time to get away from stress and to find positive outlets for your free time.
- **Be positive.** There is only so much you can control. How you feel about your situation is one of those things. Look for the silver lining and practice positive self-affirmations.
- **Look for the gray.** Even though it may seem so, not everything is black and white or gain and loss. Search for the middle group. It can be far less stressful.

*Flyer prepared with information from the District's EAP provider at [www.guidanceresources.com](http://www.guidanceresources.com)*

**Health and Wellness Webinars**