Counseling and Psychological Services, Health Promotion and Wellness & Religious and Spiritual Life PRESENTS

MAY 2020

spring into wellness

CLICK EACH DAY FOR MORE INFO!

Make a favorite snack today and savor each moment through mindful eating. Share with us #nu21days

Send an encouraging text or email to a friend, family member, or loved one.

Learn a new craft today. Share with us #nu21days

Fast from one aspect of your phone today (media/social media/texting) or Put your phone Away for 24 hours

Take a moment to imagine your career life in the future. What is the best possible career experience you can imagine?

Set aside 10 minutes today just dedicated to moving your body.

Reflect on and write down 3 things that you are thankful for in your life right now and why.

Go for a short walk and write down what you notice in the world around you.

Make a paper crane in protest of detention sites and anti-immigrant racism. Share with us #nu21days

Take a moment to think about your finances and make a budget.

Remind yourself to use one chair yoga stretch 3 times throughout your day.

Take a break today to offer yourself the same kindness and encouragement you would offer a loved one.

Write your story of how COVID-19 has shaped your everyday life.

Find one uplifting story in the media and re-post it through your favorite social media platform.

Fast from one meal today or until sundown in solidarity of Ramadan.

Daily stretching has many positive benefits. Check out some tips I’ve linked here so you can learn more about it! #stretchdaily

ResilientNU compiled a list of activities in Google Sheets! Check it out, try something new!

Learn a magic trick and try it out with a friend or family member. Share with us #nu21days

Reach out to a close person in your life and listen deeply with compassion.

Take 10 minutes before you start your day to declutter and/or decorate your work space. Share with us #nu21days

21 days of wellness

8 Dimensions of Wellness

PHYSICAL
EMOTIONAL
INTELLECTUAL
SOCIAL
SPIRITUAL
VOCATIONAL
FINANCIAL
ENVIRONMENTAL

Join the weekly drop-in mindfulness meditation Fridays 12:15-12:45pm hosted by Religious & Spiritual Life

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