

Counseling and Psychological Services,  
Health Promotion and Wellness &  
Religious and Spiritual life

PRESENTS

# Spring into Wellness

MAY  
2020

1  
Join the weekly  
drop-in mindfulness  
meditation  
Fridays  
12:15-12:45pm  
hosted by  
Religious & Spiritual Life

CLICK EACH DAY FOR MORE INFO!

3

Make a favorite  
snack today and savor  
each moment through  
mindful eating.

Share with us  
[#nu21days](#)

4

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

5

Learn a new  
craft today.

Share with us  
[#nu21days](#)

6

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

7

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

8

9

10

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

11

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

12

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

13

Make a paper  
crane in protest  
of detention  
sites and  
anti-immigrant  
racism.

Share with us  
[#nu21days](#)

14

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

15

16

17

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

18

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

19

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

20

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

Share with us  
[#nu21days](#)

21

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

22

23

24

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

25

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

26

Learn a magic  
trick and try  
it out with a friend  
or family member.

Share with us  
[#nu21days](#)

27

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

28

Take 10 minutes  
before you start  
your day to  
declutter and/or  
decorate your  
work space.

Share with us  
[#nu21days](#)

29

30

31

## 21 days of wellness

8 Dimensions of Wellness

PHYSICAL    SPIRITUAL  
EMOTIONAL    VOCATIONAL  
INTELLECTUAL    FINANCIAL  
SOCIAL    ENVIRONMENTAL