

Simple Tips for *Wellness*

As we focused on wellness in the month of February, Dave Mochel, a mindfulness & well-being expert, his Ted Talk from last month highlighted the science behind finding calm and confidence in the face of discomfort, anxiety, and stress. He reminded us that circumstances always change, and that life is inevitably a series of highs, lows, and everything in between. He encouraged to be open to the full experience of life - with unconditional confidence. He highlighted the importance of gratitude and self-love and reinforced the notion that we need to stop rescuing/being rescued from discomfort. This pandemic has surely thrown stress, uncertainty, and anxiety at all of us. Dave's reassurances that we can make it through these difficult times and actually grow as a result of the discomfort through intentional practice was reassuring.

Let's remember to continue to look after ourselves by consciously making an effort to follow these often-recommended, simple wellness tips:



- Take a moment to stretch, take some cleansing breaths, and start the day with positive vibes (i.e. think of things you're grateful for & what you're looking forward to)
- Eat foods that are healthy and delicious that will give your body the energy it needs to get through the day
- Remember to drink plenty of water
- Take time to be active – walk, run, do yoga – get your body moving and heart rate up for at least 30 minutes every day
- Take time to do something stimulating or something that gives you joy (read, draw, build, write, paint, etc.)
- Call/FaceTime someone you care about to say hello and check-in
- Set a timer for screen time and stick to disconnecting at the end of that time
- At the end of your day, meditate or take some time to focus on the good and joyful things in life
- Try to get enough sleep each night so you have the energy and rest, needed to do it all over again!