

WHAT'S UP WITH WELLNESS!

JANUARY 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8 ^{WW} 10am-2pm Meditation 12:15pm SA100	9 Law Enforcement Appreciation Day	10	11
12	13	14 Dress Up Your Pet Day	15 Wellness Wagon 10am-2pm	16	17	18
19	20 National Popcorn Day	21 National Hug Day	22 Wellness Wagon 10am-2pm	23 Meditation 12:15pm CVM 201	24	25
26	27	28 Lincoln Lesson- Yoga at the Yoga Nook	29 Wellness Wagon 10am-2pm	30	31	

SPIRITUAL WELL-BEING

What is it?

Spiritual Well-being - Seeking inner harmony and balance through self-reflection and exploration of your role in the universe

What better time to self-reflect than the New Year? As a way of self-reflection I have set goals for myself this year and I encourage you to do the same! It is important to have something you are working towards! One thing I am going to try to improve this year for my spiritual well-being is to get off my phone and be present. Other things you can do to promote spiritual wellness is journal, pray, meditate, breathe, build relationships. This wellness theme is one that doesn't always come naturally and truly has to have effort put in to maintain.

WAYS TO ACHIEVE SPIRITUAL WELL-BEING

Explore your spiritual core

Look for deeper meanings

Get it out

Try yoga

Travel

Think positively

Take time to meditate