

WHAT'S UP WITH WELLNESS!

FEBRUARY 2020

S	M	T	W	T	F	S
						1
2	3	4 Meditation 12pm DVTC	5 Wellness Wagon 10am-2pm	6	7 National Wear Red Day	8
9	10	11	12 Lincoln's Birthday Treat! CVM	13	14	15 CVM Formal
16	17 Coffee Bar 8am DVTC/CVM	18	19 Wellness Wagon 10am-2pm	20 Paint Night 4:30pm DVTC	21	22
23	24	25 Lincoln Lesson- 5pm CVM 100	26 Wellness Wagon 10am-2pm	27	28	29

INTELLECTUAL WELL-BEING

What is it?

Intellectual well-being – Participating in learning activities that foster critical thinking and expand your world view

This wellness theme is not one that generally comes to mind when you think of being well-rounded. However, its so important to have the intellectual skills to evaluate and organize in your everyday lives. One activity I have pushed myself to get into is reading. Now, I am not a reader...I find my mind drifting off while I read (blame it on the ADD) but to improve my intellectual well-being, I have challenged myself to hit the books this year. Make sure you are challenging yourself to keep your mind sharp. Have an open mind when it comes to new learning methods and you may even learn a little more about yourself!

SIMPLE STEPS TO INCREASE INTELLECTUAL WELLNESS

Do a daily crossword puzzle

Read for fun

Learn a foreign language

Write down your thoughts

Debate an issue with a friend

Play a musical instrument

Learn new study methods