Wellness in Our Daily Lives

12:00pm - 12:30pm Monday - Thursday Noon

Each day we will focus on a topic connected to different aspects of wellness and well-being.

**Monday: Nourishing Ourselves**
The nutritional choices we make every day can impact our levels of anxiety and our mood either positively or negatively. With the myriad choices of products these days and misrepresentation in advertising, how do we know what foods and drinks can have a positive effect on us? And how much of them do we need? What about supplements?

*Join Thanit (Pao) Vinitchagoon, Registered Dietitian (USA) and PhD Candidate in Nutrition Interventions, Communication, and Behavior Change at Friedman, to explore these questions.*

**Tuesday: Balancing and Prioritizing our Lives**
In this past year most of our boundaries between work and home have been blurred or disappeared, and we have experienced high demands in both of these spaces. Without the markers of leaving the house, changing spaces, and transitions, time sometimes seems like one long stretch. In this session we will talk about how to regain balance, set priorities and some boundaries to make sure we are still making our lives meaningful.

*Annie Soisson, Director of CELT*

**Wednesday: The Spirituality of Rest**
Many religious and philosophical traditions invite--even require--periods of rest and reflection. And yet, these practices often get lost amidst busy days and many obligations. Join a conversation about what a spirituality of rest might mean for you as we discuss various pathways into practices that cultivate wonder and renew joy amidst daily life together.

*Reverend Elyse Winger, University Chaplain.*

**Thursday: Embracing Mindful Movement**
Movement may seem dynamic, but when movement is experienced in a way where one is wholeheartedly present, it can move us into stillness. This 30 minute session will focus on dynamic simple body centered yoga movements to generate a sense of calm, peace and clarity in the body.

*Dr. Christina Pastan, assistant clinical professor and the Director of Mind-Body Wellness at Tufts University School of Dental Medicine will lead this session.*

**5-5:30 pm Thursday**

**Celebrating in Community**
Bring food or drink come spend a little time just socializing and enjoying each others' company. (Join us with wine, beer, seltzer, tea, juice, your favorite snacks, ice cream, whatever you enjoy!)