

WELLNESS WEEK



[Nina Chung Dwyer](#), *Limpet Grazing 1*, watercolor

This is the first in a series of watercolors we will highlight this week. They are focused on the grazing patterns made by limpets (a type of mollusk). "The rugged coastal area of County Mayo, Ireland, with its northern boundary exposed to the wild Atlantic Ocean, creates an undisturbed area with unique ecological diversity. Such a variety of landscapes, fauna and flora offer endless visual inspiration."

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear." - Buddha

Dear friends,

We are so glad you are prioritizing your wellness and well-being this week. We hope you enjoy the content of this daily email, that you will take time to read and reflect on the poetry and articles, and try to take one of the concrete ideas below and put it into practice each day.

Today we will reflect on the topic of nourishing ourselves as part of the week's activities. We have kept the meetings short and sweet.

Wishing you health, peace and well-being

Annie, Dana, Ryan, Carie and Heather

To learn more about the week or sign up to join us, [visit our website](#). There is one link for the week for the morning sessions, one for the noon sessions, and one for the Thursday evening gathering. If you enjoyed this email, encourage your colleagues to sign up for it!

Today's Events

8:30 - 8:40 AM: Mindfulness Activity

Facilitated by Dana Grossman Leeman

We will open the room 10 minutes early, and stay 10 minutes following for those who would like to say hello to each other.

12:00 - 12:30 PM: Wellness in our Daily Lives: Nourishing Ourselves

Facilitated by Thanit (Pao) Vinitchagoon

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?



Thanit (Pao) Vinitchagoon, Registered Dietitian (USA) and PhD Candidate in Nutrition Interventions, Communication, and Behavior Change at Friedman

Poem of the Day

Instructions on Not Giving Up

[Ada Limón](#)

More than the fuchsia funnels breaking out of the crabapple tree, more than the neighbor's almost obscene display of cherry limbs shoving their cotton candy-colored blossoms to the slate sky of Spring rains, it's the greening of the trees that really gets to me. When all the shock of white and taffy, the world's baubles and trinkets, leave the pavement strewn with the confetti of aftermath, the leaves come. Patient, plodding, a green skin growing over whatever winter did to us, a return to the strange idea of continuous living despite the mess of us, the hurt, the empty. Fine then, I'll take it, the tree seems to say, a new slick leaf unfurling like a fist to an open palm, I'll take it all.



Ada Limón is a current Guggenheim fellow, and author of five poetry collections, including *The Carrying*, which won the National Book Critics Circle Award for Poetry.

Today's Well-Being Tips for You and Your Students

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." — Albert Schweitzer



Nina Chung Dwyer, *Sostenuto*, silkscreen on paper

Ideas for You to Try Today

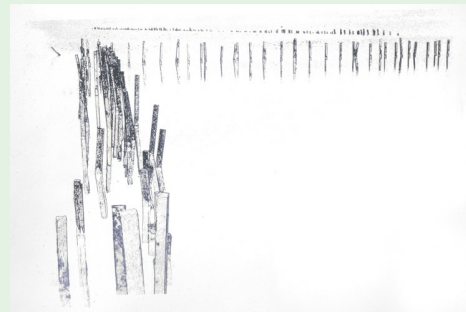
[Practice gratitude](#), which actually improves well-being:

- Look for three things that bring you joy today or for which you are grateful.
- Reach out and thank someone who has made a difference or had meaning in your life.

Read these articles and commit to one healthy change today:

- [Your Brain on Food](#)
- [Food and Mood](#)

Try a 10 minute [Tour of the Senses guided meditation](#).



Nina Chung Dwyer, *Diminuendo*, silkscreen on paper

Ideas for You with Your Students

Today is Meatless Monday!

Provide some space for reflection in class or do a brief meditation - meatless and mindful.

Drop a small assignment or two - less meat!

Create a (free) [Kudo Board](#) or create a Jamboard and ask students to look for opportunities to appreciate each other throughout the week. Leave time at the end of class for them to do it, encouraging them to spread it across the class.