

WELLNESS WEEK



"Life is a balance between holding on and letting go." - Rumi

Dear friends,

We hope you are enjoying the content of the daily emails and that you try to take one of the concrete ideas below and put it into practice each day.

Today we will reflect on the topic of balancing and prioritizing our lives. With the many competing demands on our time, children at home, blurred boundaries between work and home, and the temptation to work all of the time (because what else is there to do?), many of us are feeling depleted. Today, let's try to set some boundaries, priorities, and try to foster [self-compassion](#).

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 this week, [visit our website](#).



Nina Chung Dwyer, *Limpet Grazing 5*, watercolor

Today's Events

8:30 - 8:40 AM: Mindfulness Activity

Being in the present, Deborah Donahue Keegan

12:00 - 12:30 PM: Wellness in our Daily Lives: Balancing and Prioritizing Our Lives

Facilitated by Annie Soisson

Today we will talk about finding balance among competing demands and determining how to prioritize the things that are the most important or meaningful in our lives. Bring your "to do" list to the session!



Annie Soisson, Director, Center for the Enhancement of Learning and Teaching

Poem of the Day

If You Knew

[Ruth Muskrat Bronson](#)

If you could know the empty ache of loneliness,
Masked well behind the calm indifferent face
Of us who pass you by in studied hurriedness,
Intent upon our way, lest in the little space
Of one forgetful moment hungry eyes implore
You to be kind, to open up your heart a little more,
I'm sure you'd smile a little kindlier, sometimes,

To those of us you've never seen before.
If you could know the eagerness we'd grasp
The hand you'd give to us in friendliness;
What vast, potential friendship in that clasp
We'd press, and love you for your gentleness;
If you could know the wide, wide reach
Of love that simple friendliness could teach,
I'm sure you'd say "Hello, my friend," sometimes,
And now and then extend a hand in friendliness to each.



Nina Chung Dwyer
Blackwater Sticks 1, watercolor

Muskrat Bronson devoted her life to protecting the rights of and expanding educational opportunities for Native Americans, while also encouraging them to preserve traditional cultural practices in the midst of a mainstream culture where they were seldom welcomed.

Today's well-being tips for you and your students

"There are years that ask questions and years that answer." - Zora Neale Hurston



Ideas for You to Try Today

Clean up your desk top, organize a drawer or closet. This simple task can help you to clear your mind and give you a sense of control.

Take a break: do something pleasurable that is not about someone else for 10 - 30 minutes - watch something funny, play with your pet, phone a friend, play your favorite music really loud, dance.

Try to say no to something that you really can't add to your list.

Decide what time you will start and end work today - and stick to it!

Practice [niksen](#), the Danish practice of doing nothing. Just for a bit.



Ideas for You with Your Students

Today is Take 10 Tuesday on the student calendar!

Take 10 minutes of class to do something fun or let students engage off topic.

Tell students they can bring their pet(s) for the first 10 minutes of class and introduce them.

Invite your students to wear their favorite t-shirt, a funny hat, sunglasses, or rename themselves as their favorite performer.

Play music as students show up to class - perhaps a song related to your topic or one of your favorites and say why.

Let students go 10 minutes early!