We believe rest is a spiritual practice, a racial justice issue and a social justice issue." - The Nap Ministry

Dear friends,

We're halfway through the week! If you've been able to take one of the concrete ideas below and put it into practice each day, let us know. What have you've tried so far? Do you have ideas of your own you would like to share?

Today we will reflect on the spirituality of rest.

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.

**Today's Events**

8:30 - 8:40 AM: Mindfulness Activity

12:00 - 12:30 PM: Wellness in our Daily Lives: The Spirituality of Rest
*Facilitated by Reverend Elyse Nelson Winger,*
*University Chaplain*

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.

**Poem of the Day**

*Viento, Agua, Piedra*

Octavio Paz

El agua horada la piedra,  
el viento dispersa el agua,  
lá piedra detiene el viento.  
Agua, viento, piedra.

El viento esculpe la piedra,  
lá piedra es copa del agua,  
el agua escapa y es viento.  
Piedra, viento, agua.

El viento en sus giros canta,

*Wind, Water, Stone*

Octavio Paz

Translation by Elliot Weinberger

Water hollows stone  
winds scatters water,  
stone stops the wind.  
Water, wind, stone.

Wind carves stone  
stone's a cup of water,  
water escapes and is wind.  
Stone, wind, water.
Wind sings in its whirling, water murmurs going by, unmoving stone keeps still. Wind, water, stone.

Each is another and no other: crossing and vanishing through their empty names: water, stone, wind.

Thank you to Eulogio Guzman from the SMFA who sent us this beautiful poem and its translation!

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

"I would love to live like a river flows, carried by the surprise of its own unfolding." – John O’Donohue

Ideas for You to Try Today

Be mindful of drinking water and other non-sugar fluids regularly today - even mild dehydration can drain your energy and make you tired.

Take a bath with soft music and candles to improve your physical and mental well-being and to sleep better.

Find a place to walk or quietly sit by the water. "...the mere sight and sound of water can induce a flood of neurochemicals that promote wellness, increase blood flow to the brain and heart and induce relaxation." - Wallace Nichols, Blue Mind

Find a water background noise video or audio to create calm, to nap or go to sleep by.

Choose something to do this week to pay it forward. A donation, a surprise meal for an elderly neighbor, flowers for a health care worker, your choice!

Ideas for You with Your Students

Today is Water Wednesday for students!

Have students create memes about your class if you dare!

Suggest they bring your favorite water bottle to class. Take water breaks during class.

Suggest they consider how many hours they sleep, and sleep’s importance for learning.