

WELLNESS WEEK



Nina Chung Dwyer, *Grazing Limpet 6*, watercolor

"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.



The [Reverend Elyse Nelson Winger](#), University Chaplain

Poem of the Day

Viento, Agua, Piedra
[Octavio Paz](#)

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

El viento esculpe la piedra,
la 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
wind 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.

el agua al andar murmura,
la piedra inmóvil se calla.
Viento, agua, piedra.

Uno es otro y es ninguno:
entre sus nombres vacíos
pasan y se desvanecen
agua, piedra, viento.

Octavio Paz Lozano was a Mexican poet and diplomat. For his body of work, he was awarded the 1981 Miguel de Cervantes Prize, the 1982 Neustadt International Prize for Literature, and the 1990 Nobel Prize in Literature.

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

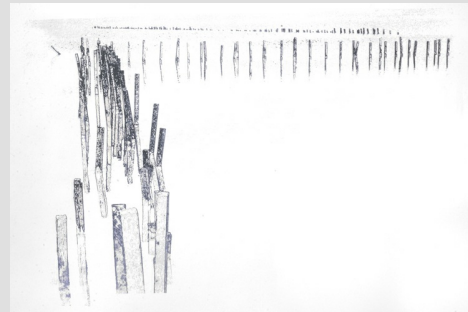
Be mindful of [drinking water and other non-sugar fluids](#) regularly today - even mild dehydration can drain your energy and make you tired.

[Take a bath](#) with soft music and candles to improve your physical and mental well-being and to sleep better.

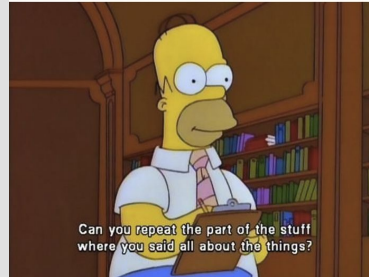
Find a place to walk or quietly sit [by the water](#). "...the mere sight and sound of water can induce a flood of neurochemicals that promote wellness, increase blood flow to the brain and heart and induce relaxation." - Wallace Nichols, *Blue Mind*

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!



when your lecturer asks if you have any questions



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](#).