

April Wellness at the School of Nursing



Before I begin my usual monthly wellness update, I want to acknowledge how difficult this week has been. There has been incredibly heartbreaking news within our own campus community and nationally as well. Please take time for yourselves to process these events and recognize how they may be impacting you, your loved ones, and your peers/colleagues. Know that there are resources for help if you need them, you can find them below.

Please take extra good care of yourselves, and of each other.

April is National Stress Awareness Month

Stress occurs when we are presented with physical, emotional, social, ethical, or moral stressors that exceed our available resources, resulting in an inability to adequately cope. While not all stress is bad, long-term stress can have harmful effects. Below are some steps you can take...

1. Recognize what stress and anxiety may look or feel like.

- Because people handle stress differently, stress symptoms can also vary (i.e., emotional symptoms, physical symptoms, cognitive symptoms, and behavioral symptoms).

2. Identify your stressors.

- We are often not fully aware of what causes us stress. Take some intentional time to check in with yourself. Learning how to recognize the sources of acute and chronic stress in your life is one of the first steps to take.

3. Cultivate healthy coping strategies.

- Take a break from news and social media.
- Take care of your body. Nurture yourself with good food, water, and plenty of sleep.
- Move your body regularly. Even one session of moderate-to-vigorous physical activity can reduce anxiety.
- Make time for friends and family. Talking with others can help you positively cope.
- Spend time in nature, it can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and wellbeing.
- Engage in mindful meditation. Mindfulness can help you train your mind to be more focused, calm, and resilient. The [UW-Madison Center for Healthy Minds](#) developed a free [Healthy Minds Program App](#) that is rooted in research and uses two major modalities of learning that have been shown to result in lasting change.
- [Practice daily gratitude](#). Research has shown that practicing gratitude can lead to improved physical health, improved optimism and positive emotions, improved sleep, and reduced burnout. When we embrace and practice gratitude regularly, it has the power to measurably improve our overall happiness and well-being while also benefiting others.

4. **Know where to go for help.**

- [24/7 National Suicide Prevention Hotline](#): 988
- [24/7 Crisis Text Line](#): Text “HOME” to 741-741
- [University Health Services](#) (UHS) 24-Hour Crisis Line: 608-265-5600 (option 9)
- [Employee Assistance Office](#), 608-263-2987
- [Trevor Project Lifeline](#): (866) 488-7386
 - Crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) people under 25 years old.
 - You can text/call/or chat online
- [Trans Lifeline](#): (877) 565-8860
- [Veterans Crisis Line](#): (800) 273-8255 (option 1)
 - You can text/call/or chat online
- Additional University of Wisconsin-Madison Mental Health Resources – [Get Help Now](#)
- [School of Nursing Wellness Website](#): news & events, additional resources for help, and ways to take action to improve your personal wellness.

Introducing – Anchor Boxes!

[Find Your Anchor](#) is a grassroots movement aimed at suicide prevention, awareness, and education.



So, what are Anchor Boxes? The idea is that those in need should pick up the box and use it. Once they are in a better spot, they should add to it and pass it on. Inside this box you will find various materials (cards, posters, phone numbers, pictures, and more) that we hope will inspire, soothe, and offer support.

1. If you need a box, please take it.
2. Hold onto the box as long as you need it.
3. Before you pass it on, consider adding something to the box that provides inspiration or an anchor.
4. Ready to pass it on? If you know someone in need, please give the box to them. You may also return the box to the UW-Madison School of Nursing (place it anywhere).

Anchor Boxes can be found in various locations in the School of Nursing (i.e., student lounges, wellness rooms, kitchenettes, Academic Affairs waiting room, etc.). If you are in need of an Anchor Box but cannot find one, please contact Katie Pavek (kausher@wisc.edu).

Throw a Little Fit

Having a rough day? Sometimes you just need to throw a little “fit”! Come join us to make your own little “fit” that you can take home with you! Everyone is welcome to join us on **April 3rd and 4th from 10am-2pm in the SoN Atrium.**



Dogs on Call

As the end of the semester is approaching, join us for some pet therapy. Dogs on Call will be in the School of Nursing courtyard on **Monday, April 24th from 12-1:30.**

Join Us for the Spring Wellness Series

Hosted by the School of Nursing Wellness Advisory-Action Committee

All School of Nursing students, faculty, and staff are invited to join us for our Spring Wellness Series! Healthy snacks will be available for all participants to enjoy!

Yoga

Guided yoga will be offered in-person using the DownDog app. No experience is needed. Please bring a yoga mat (or towel), a few mats will be available for those that do not have them. The first half of class will include gentle yoga (a vinyasa flow that includes a longer warmup and cooldown and is gentle on the knees) and the second half of class will include cardio flow (a more vigorous, medium paced moving vinyasa practice). You may tailor the class to your individual needs and abilities.

- *Monday, April 17th from 12:15-12:30 & 12:30-12:45 in Enroth Hall*

Lot 60 Clean Up & Walk to Picnic Point

April 22nd is Earth Day, so let's do our part! Join new and familiar faces as we work together to clean up lot 60 and/or the path to Picnic Point. Compostable gloves and bags will be provided. If we all work together, we can make a positive difference.

- *Tuesday, April 18th from 12pm-1pm (meet in the Atrium)*
- *Wednesday, April 19th from 12pm-1pm (meet in the Atrium)*

Gardening

How does your garden grow? Gardening is way to connect with nature, reduce your stress, reduce negative thoughts and increase your emotional wellbeing. Join us to plant seedlings (wildflowers & tomatoes) as we look forward to spring. All gardening supplies will be provided and everyone can take a planted seedling home to continue to nurture.

- *Wednesday, April 19th from 12-1pm in the Atrium*

Mindfulness

Two 15-minute sessions will be offered using the [Healthy Minds app](#). Join us for one session or stay for both! No experience is needed.

- *Thursday, April 20th: 12-12:15pm & 12:20-12:35pm (room 1231)*

Free Rec Well Wellness Coaching Program

Centered around the seven aspects of wellbeing (health, meaning, safety, connection, growth, achievement, and resiliency), Rec Well's wellness coaching program is an opportunity to reflect on your wellbeing and go after your goals in an encouraging and collaborative environment. With the belief that each person is the expert on their own wellbeing, our wellness coaches are there to support you as you work towards wellness goals that are meaningful to you.

Our coaches are NASPA-certified Peer Educators who are trained in motivational interviewing, campus resources, suicide prevention, and mindfulness.

We currently offer one-on-one coaching in either a virtual or in-person format that is flexible to your schedule. Wellness coaching is free and available to all current UW-Madison students. All are welcome in this space, and discrimination of any kind will not be tolerated. Receive a free Rec Well swag item of your choice at your first session!

For more information or to register for one-on-one coaching, please visit <https://recwell.wisc.edu/wellnesscoaching/> or email wellbeing@recwell.wisc.edu.

Free Yoga Classes

Staff, faculty, students, postdocs – all are welcome! Join us for free, all-levels yoga classes this spring! You are encouraged to participate whether this is your first class, or you are a regular practitioner. [Click here to sign up.](#)

All sessions will be held on Wednesdays from 11:00-12:00 in the Rennebohm Hall Commons (School of Pharmacy):

- Wednesday, April 19
- Wednesday, May 3

Classes will be taught by Stephanie Scholze, a certified yoga instructor and Graduate Program Manager for the MS and Capstone programs at the School of Pharmacy. Stephanie's yoga classes are thoughtfully created to encourage all participants to feel welcome, safe, and inspired. She will enthusiastically lead you through a practice that will stretch and strengthen major muscles, cultivate mind/body awareness, foster intentional breathing, and provide a few lighthearted laughs along the way!

Please wear comfortable clothing and bring your own yoga mat. If you do not have a yoga mat and would like to attend, please email Anna Reinhart at anna.reinhart@wisc.edu to request a mat.

A note from Stephanie:

If you are new (or newer) to yoga and feeling intimidated and/or overwhelmed by the thought of practicing, here are a few notes about my yoga classes:

1. The only requirement is that you breathe.
2. All of the movement cues are merely suggestions – I will offer modifications – what serves you and leaves what doesn't.
3. If you have two similar height water bottles, you can bring them and I will model how to use them as props.

Additionally, if you want a little exposure to the practice ahead of time, I highly recommend visiting the YouTube channel [Yoga with Adriene](#). She is a fantastic instructor and she has videos such as [Yoga For Complete Beginners](#) and [10 Minute Yoga For Beginners](#).

We hope to see you there!

We encourage you to bookmark the [School of Nursing Wellness Website](#). Check back often for new information, events, and resources!