

March Wellness at the School of Nursing



Relax on Spring Break with a Good Book

March is National Reading Month and to help you escape (in a book) you can contribute to or borrow a book from our little library (book bin) in the Academic Affairs lobby! Donate and/or borrow a book throughout the month. At the end of the semester, all books will be donated.

On March 6th & 7th from 10am – 2pm: Stop by the atrium to make a bookmark to take with you and enjoy some healthy trail mix.

Join the NCAA Healthy Bracket Challenge!



Here's how to compete:

1. Fill out your [bracket](#) all the way through to the championship round.
2. You'll notice each team has a seed.
3. If you selected the correct team to advance, you do nothing.
4. If the team you selected loses, you take the team's seed and do the corresponding activity.
5. Keep a running list of all the things you'll need to do according to which teams lose.
6. Complete all tasks the day **after** the game is played.

Here are the tasks associated with each seed:

- #1 Take the stairs all day
- #2 Spend at least 20 minutes outside
- #3 Drink an extra 16 oz. of water
- #4 No sugary drinks or alcoholic beverages for the entire day
- #5 Write down three things you love about yourself
- #6 Go for a walk
- #7 Eat a healthy snack (with fruits or veggies!)
- #8 Swap out 20 minutes of screen time for 20 minutes of reading
- #9 Do something nice for someone
- #10 Turn your phone on silent for at least 1 full hour while at home
- #11 Meditate or take 15 minutes for yourself
- #12 Spend 10 minutes stretching
- #13 Go to bed 15 minutes early
- #14 Eat an extra helping of vegetables
- #15 Call, text, or email a friend or family member you haven't talked to in awhile
- #16 Write down three things that you are grateful for

A large NCAA bracket will be posted in the atrium so everyone can follow along. There will also be hard copies of the bracket and the associated wellness tasks in the atrium so you can grab a copy and join us. Already have a bracket for a different bracket challenge? No problem! Just add the associated wellness tasks to your existing bracket!

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, March 8
- 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!