

# November Wellness Events at the School of Nursing



November is National Gratitude Month!

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. We hope you can join us in embracing and practicing gratitude this month (and beyond)!

***“Acknowledging the good that you already have in your life is the foundation for all abundance”***

*~Eckhart Tolle*

## Gratitude Boards

If you would rather share your gratitude in person at Cooper Hall, we will have large white boards set up in the Atrium (near Enroth Hall) from **Monday, November 7<sup>th</sup> – Friday, November 11<sup>th</sup>**. Stop by and share what you are most thankful for.

## Gratitude Post-Cards

Another opportunity to share your gratitude, but this time, you can even share your gratitude beyond the walls of the School of Nursing! Join us in the Atrium from **10am-2pm on Tuesday, November 8<sup>th</sup> and Wednesday, November 9<sup>th</sup>**. Grab a postcard and write a note to the people in your life to tell them how much you appreciate them. If you would like to send it to someone outside of the School of Nursing, address the postcard and we'll take care of mailing it for you!

## Gratitude Journaling

Consider starting a gratitude journal. A gratitude journal can be used to reflect on things in your life that you are grateful for. Gratitude journaling is a way to help overcome negative thoughts, to appreciate the present moment, and to recognize the positive things in one's life.

### Journaling Prompts:

- What are 3 great things that happened to you today?
- What qualities do you love about yourself? Why?
- What are 3 things or people you are grateful for? Why?

### Tips:

1. Try briefly journaling at the end of each day.
2. Push yourself to vary the things or people that you write about.
3. You may want to read through your journal when you are particularly stressed or sad to help give you a positive boost.
4. Beyond writing about what you are grateful for, tell the people in your life how much you appreciate them.

## Join Us for the Fall 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 Fall Wellness Series! Healthy snacks will be available for all participants to enjoy. You will also have the chance to enter your name in the raffle to win a prize!

### 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, November 14<sup>th</sup> from 12:30-1:30pm (Enroth Hall)

### Walk to Picnic Point

Take a walk with us! Join new and familiar faces as we enjoy the changing colors on a walk to Picnic Point.

- Tuesday, November 15<sup>th</sup>: meet at 11:30am in the atrium
- Tuesday, November 15<sup>th</sup>: meet at 12:30pm in the atrium

### Mindfulness

Three 15-minute sessions will be offered on each date. Join us for one session or stay for all 3! No experience is needed.

- Wednesday, November 16<sup>th</sup> from 12:30-1:30 (Room 1227)

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