

# November Wellness 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)!

## Dimensions of Wellness



Every month we will highlight a different dimension of wellness and will offer resources to help support individual and collective flourishing.



## Spotlight on Emotional Wellness

Emotional wellness is defined as coping effectively with life and creating satisfying relationships. It includes an awareness, understanding, and acceptance of one's feelings, and the ability to manage challenges and change. Two ways to optimize your emotional wellness include managing stress and connecting and communicating with others. This month we are focusing on gratitude, so you might ask how emotional wellness and gratitude go together. Did you know that expressing gratitude to others can help reduce stress and also cultivate meaningful relationships? Come join us as we explore and practice gratitude!

## Healthy Minds on Campus Presents...Gratitude Revealed





Healthy Minds on Campus  
presents...


# GRATITUDE REVEALED

free movie screening  
**November 7th**  
**6:30pm**  
**Marquee Union South**

From the Director of Fantastistic Fungi...  
Exploring how to live a more meaningful  
life full of gratitude through conversations  
with everyday people, thought leaders,  
and personalities.



Our Website

Come join us!  Instagram  
@uw.hmoc

## One Wish Brainstorming Session

The SoN Committee on Academic Staff Issues (CASI) and the Wellness Advisory Action Committee co-hosted the “One Wish Event” on February 10<sup>th</sup>, 2023. At that event, faculty & staff were asked to anonymously share ideas about what might best improve their work experience at the School of Nursing. Four themes were identified: 1) Leadership Style; 2) Time, Demands, and Support; 3) Value, Belonging, Community-building, and 4) Communication and Collaboration.

To continue this important work, brainstorming sessions are used to generate ideas on how to respond to these wishes in order to enact positive change. Brainstorming sessions for the first three themes have been completed. There is one remaining brainstorming session, we hope you can join us!

- **Step 1:** If you have not yet, please complete the following [Qualtrics Survey](#) by Monday, November 6<sup>th</sup> 5pm. The goal of this survey is to draw input from a wider audience on “Communication and Collaboration”.
- **Step 2:** You are invited to join us for a virtual brainstorming session that will consist of open conversations in the spirit of solution-focused dialogue for the theme of “Communication and Collaboration” on **Monday, November 6<sup>th</sup> from 12pm-1pm**. Formal leadership (Dean Scott & Associate Deans) will not be present; however, they are in support of this continued work.

## 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!

### 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 7<sup>th</sup>: meet at 12pm in Curran Commons (by the fireplace)

### 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. You may tailor the class to your individual needs and abilities.

- Wednesday, November 8<sup>th</sup> from 12-1 (Enroth Hall)

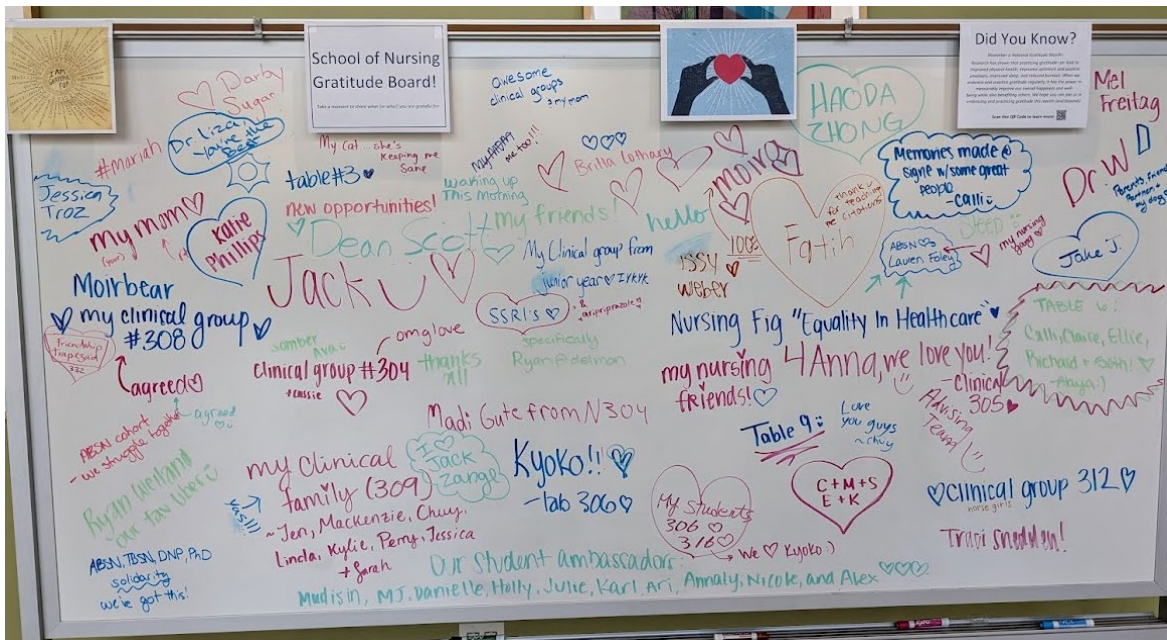
## Gratitude Post-Cards

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 Wednesday, November 8<sup>th</sup> and Thursday, 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 Boards

Take a moment to share what (or who!) you are grateful for on our Community Gratitude Board! We will have a large white board set up in the Atrium from **Wednesday, November 8<sup>th</sup> – Tuesday, November 21<sup>st</sup>**. Stop by and share what you are most thankful for.



## Free Yoga at Cooper Hall!

Please join us for a free drop-in yoga class! Plan to bring your own yoga mat & wear comfortable clothing.

**When:** Tuesday, November 21<sup>st</sup> at 8am

**Where:** SoN Auditorium

**Who:** All School of Nursing faculty, staff, and students are welcome to join!

**Cost:** Free

## 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.

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

Take care,  
Katie & Kelli

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