



WIMSSY WELLNESS WEDNESDAY

November 4th, 2020

What is Wellness Wednesday?

Wellness Wednesday is a day that is meant to promote the development of a balanced and healthy lifestyle.

WiMSSY will be hosting monthly Wellness Wednesday events and challenges on the first Wednesday of every month (this month: Wednesday, November 4th!)

THIS MONTH'S FEATURE EVENT:

Wellness Bingo!

There are lots of different ways in which to live a balanced, healthy lifestyle!

Follow this link to download a free bingo sheet and see which ways you have done self-care over the past day, week, month, etc.

<https://thehomeharvest.com/self-care-practices/>

See something on the bingo sheet you haven't done yet? *Challenge yourself to get it done this Wellness Wednesday!*

This Months Wellness Wednesday Challenges...

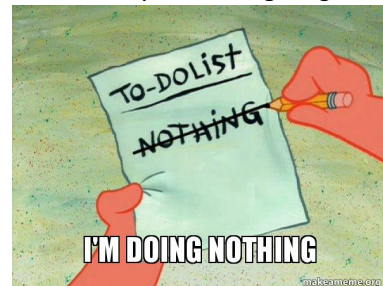
Gratitude Journaling!

Ever tried gratitude journaling? In the spirit of being thankful this month, take a moment to write about something you're thankful for. Studies show that journaling about such things on a regular basis can have a variety of cognitive benefits such as greater gratitude (surprise, surprise) and better adjustment—to name a few.



DO NOTHING!


Been busy this midterm season? Plan on taking 30 minutes to an hour this Wellness Wednesday to *do nothing* related to work, school, or whatever it is that might be stressing you out! Sink into a couch and watch some television, draw a picture, do some stretches, take a nap... as long as it's something that makes you feel happy, healthy, and a little less stressed, you're doing it right!



Shoot us an email with a picture and a description of how *you* did nothing if you'd like a chance to be featured in our next Wellness Wednesday brochure!

Challenge Accepted...

(who from our Bear community completed last month's Wellness Wednesday challenges?)

Steps Challenge!	Hydration Challenge!
<p data-bbox="207 306 795 453">Congrats Claire on completing your personal daily steps challenge last month! The world is literally, probably a better place for it. Great job!</p> 	<p data-bbox="828 306 1409 453">Congrats Shane on completing your personal hydration challenge! Great job drinking water. If you're not hydrating properly, WATER you doing with your life?</p> 
<p data-bbox="207 993 1386 1096"><i>This could be you!</i> Send us an email telling us what challenge you completed with a picture commemorating the occasion and you could be featured in next month's Wellness Wednesday brochure.</p>	

Hey there,

You're doing great.

General Wellness Resources and Materials

North Range Behavioral Health

- Right now they are offering a free therapy session
 - Call 970.347.2120 and mention “North Range Cares”
 - Free telehealth therapy appointment only (I guess that means it’s over the telephone)
 - Available to residents of Weld County who are not currently enrolled in services
- Are you or a loved one in crisis?
 - Call 844.493.TALK(8255)
 - Text Talk to 38255
 - Or come to 928 12th St in Greeley
 - Call 970.347.2120 to make or change an appointment
- Sew for Hope! Community Mask Project
 - You can become a North Range Hope Warrior!
 - In this challenging time of isolation and anxiety, we have a safe and caring way for you to connect with others.
 - They need mask sewers to help provide masks for clients and staff to stay safe during this time.
 - Here is the URL that gives you instructions on how to sign up:
<https://northrange.org/sew-for-hope/>
- Warm Line
 - This service is provided by North Range for free
 - The Warm Line supports any person at any time, no matter what the feeling – high or low
 - This service is free and confidential and is staffed by mental health professionals who can:
 - Help with recognizing the steps that can be taken toward building new and lasting routines
 - Offer support and suggestions for maintaining resilience
 - Share tips on caring for health and well-being in new ways
 - Call the warm line at 970.347.2359
- Crisis Support Services are always available
 - Our trained counselors provide immediate confidential help all day, every day
 - Call 970.347.2120
 - Walk into 928 12th St, Greeley
 - Text TALK to 38255
- Resources for maintaining good mental health during COVID-19
 - My Resilience is an educational self-help tool designed to help us deal with challenges faced due to COVID-19 pandemic
 - <https://resilience.vast.uccs.edu/>
 - The Good News Network is a great place to find positive stories
 - <https://www.goodnewsnetwork.org/>
 - The CDC has several recommendations to cope with increased stress

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Self-care tips during COVID-19:
 - Take breaks from media
 - Hearing about the pandemic repeatedly can become overly upsetting. Take breaks from watching, reading, or listening to news stories, including social media
 - Take care of your body
 - Take deep breaths, stretch, or meditate
 - Try to eat healthy, well-balanced meals
 - Exercise regularly
 - Get plenty of sleep
 - Avoid alcohol and drugs
 - Make time to unwind
 - Technology is more pervasive in our lives and it can begin to affect our well-being
 - Engage in activities that don't require technology
 - Try to do some other activities you enjoy or learn a new hobby – without applying pressure on yourself around mastery
 - Connect with others
 - Talk with people you trust about your concerns and how you are feeling
 - Find ways to connect whether it be over the phone, computer, or through social distancing communications

Sacred Space Yoga in Greeley

- The studio is open for in-person classes, but Facebook live is a new option for those choosing to stay at home yet flexible!
- You will be invited to a private, members-only Facebook group where we will post at least 8 classes a month
 - 6-month Facebook Live Video Membership - \$35 / Month for 6 Months
 - 12-Month Facebook Live Video Membership - \$25 / Month for 12 Months
- Classes offered
 - Classes range from slow and steady to hard and challenging
 - Classes that may be better for mindfulness
 - Yoga for Anxiety
 - Hip-opening Flow
 - Yin Yoga: guided by meditation
 - Yoga for Endurance
 - Creative Flow
 - The yoga classes listed here are all slow-, mindful-paced classes that encourage you to focus on the present moment and practice breathing exercises.
- In-person classes have a whole different range of prices. Check the link below if you are interested in these classes.
 - <https://ssyoga.com/classes>

If you are feeling stressed, here are some good general coping strategies encouraged by the CDC:

- Eat healthy, well-balanced meals
- Exercise on a regular basis
 - It is okay to work up to this. Maybe try going for a 30-minute walk to get started!
- Get plenty of sleep
 - 7-9 hours for young adults 18-64 years old
- Talk to others
 - Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- Avoid drugs and alcohol
 - These may seem to help, but they can create additional problems and increase the stress you are already feeling.
- Take a break
 - If news events are causing your stress, take a break from listening or watching the news.
- Recognize when you need more help
 - If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

(<https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>)

Before you go,

A little bit about WiMSSY Lab...

WiMSSY stands for the “Wellness in Multi-tiered Systems of School Psychology.” We are a collaborative team of graduate students dedicated to conducting research on understanding how positive, inclusive, and intersectional evidence-based supports can benefit students. WiMSSY not only aims to enhance positive skills for students that expand social, emotional, and mental health domains, but also to improve academic outcomes that contribute to long-term achievement. Researchers focus on the benefits of various interventions, for students ages 3 to 21+, in diverse populations and settings. Our mission is to increase understanding of how implementing positive, inclusive, evidence-based interventions for students at all stages of education can improve their academic and social-emotional skills so that they generalize to overall feelings of empowerment and well-being.

You can learn more at: <https://www.unco.edu/cebs/school-psychology/wimssy-lab/>