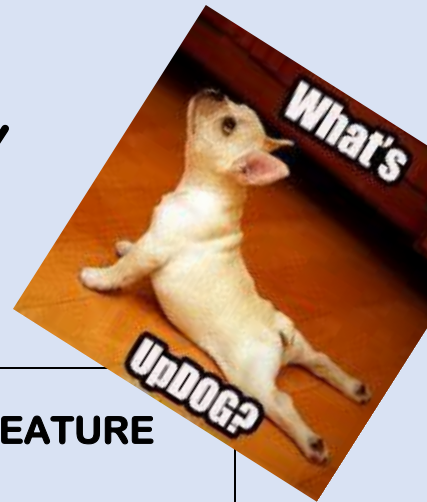


# WiMSSY WELLNESS WEDNESDAY

October 7<sup>th</sup>, 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 starting ***Wednesday, October 7<sup>th</sup>***

## THIS MONTH'S FEATURE EVENT:

### ZOOM YOGA WITH ALI!

Our labbie Ali will be hosting 30-minute Zoom yoga session @ 10am (10/7)!

Take a break from your work and join us at the Zoom link below! The link will be emailed out as well.

<https://unco.zoom.us/j/94715378933>

Meeting ID: 947 1537 8933

## Wellness Wednesday Challenges!

### Steps Challenge!

Set a personal steps goal for yourself this Wellness Wednesday and try to meet it!



If you meet your steps goal and would like to be featured in next month's Wellness Wednesday brochure, shoot us an email with your name (and a celebratory photo if you'd like) letting us know! We won't share your personal steps goals but we'll give you big, congratulatory shout out



### Hydration Challenge!

Feeling thirsty? Make it a point this Wellness Wednesday to drink water whenever you feel the need. Let's be conscious of our hydration!



As with the steps challenge, if you feel like you've drank enough water by the end of Wellness Wednesday and would like a chance to be shouted out on next month's Wellness Wednesday brochure, shoot us an email with your name (and a celebratory photo if you'd like), letting us know!

## Wellness Blurbs!

### A Brief Celebration of Intuitive Eating and Resources for Further Learning

Ali McCorkle, WiMSSY Lab Member

More than 60% of college-aged women are currently dieting, despite diets' long-term ineffectiveness and health risks (Wardle et al., 2006, as cited in Spoor & Madanat, 2016). Such risks include physical problems such as increased weight gain and cardiovascular disease, as well as psychological risks like disordered eating and depression (Mann et al., 2007, as cited in Spoor & Madanat, 2016; Cachelin & Regan, 2006, as cited in 15 Spoor & Madanat, 2016). Even if dieting does not result in such extreme negative outcomes, it is also associated with poor body image and self-esteem—and life is hard enough without fighting your body to be something that it is not. It took years of trying and failing at dieting and wanting to change my body before I learned about intuitive eating. Intuitive eating includes “unconditional permission to eat, eating for physical rather than emotional reasons, reliance on hunger and satiety cues, and body-food choice congruence” (Spoor & Madanat, 2016, p.190). If you are entrenched in diet culture like I was, it is not easy to shift from a restrictive to an intuitive relationship with food. For me, my mindfulness practice has played a major role in attuning to my body's hunger and satiety cues. After a bit of practice, I finally didn't spend my entire day obsessing over the next thing I would eat or assessing whether it was a “good” eating day or a “bad” eating day. Intuitive eating offers an alternative to restrictive patterns of eating because food is just food. There is no judgment attached to foods and you can trust your body (and your cravings) to tell you what you need. Some days my body needs chocolate, other days it needs brussels sprouts, and most days it needs both.

If you want to learn more, here are a few of my favorite intuitive eating Instagram accounts:

@thenutritiontea  
@your.latina.nutritionist  
@find.food.freedom

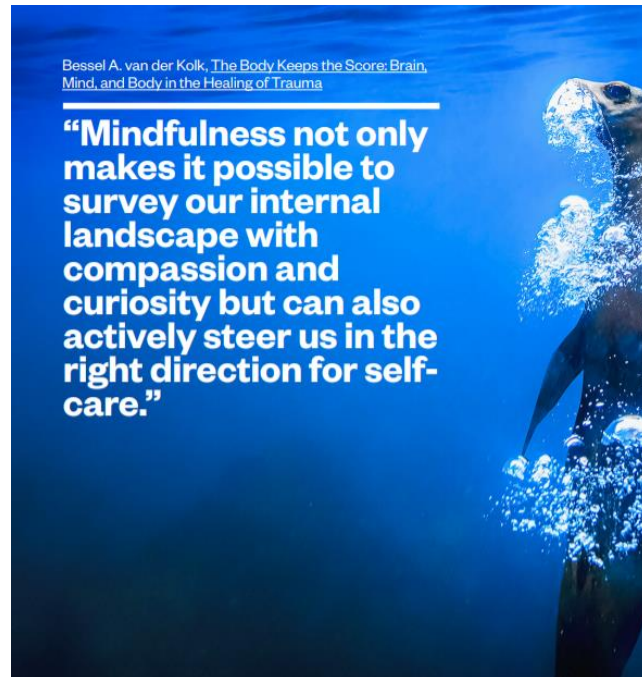
#### References

Spoor, K. D., & Madanat, H. (2016) Relationship between body image discrepancy and intuitive eating. *International Quarterly of Community Health Education*, 36(3), 189-197.

<https://doi.org/10.1177/0272684X16641847>.

### Lessons from the Body Keeps the Score

Miriam Gueck, WiMSSY, Lab Member



In his bestselling book, *The Body Keeps the Score*, author Bessel A. van der Kolk, discusses the importance of addressing the stressful experiences of our past, because neglecting these takes a toll on our physical well-being. He explains how mindfulness is a helpful tool towards finding self-awareness and practicing self-care.

If this is something you'd like to try, see the *BKTS* recommendations in the appendix at the end of the brochure to find out how you can start practicing mindfulness.



## **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 12<sup>th</sup> 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 12<sup>th</sup> 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/>



## Appendix

### BKTS Mindfulness Resources

## How to Practice Mindfulness

mindful  
mindful.org

- 1 Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2 Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3 Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4 Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5 Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6 Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



By Mindful Staff

## 7 Things Mindful People Do Differently

mindful  
mindful.org

# 1

Approach everyday things with curiosity  
—and savor them

Forgive their mistakes—  
big or small

# 2

# 3

Show gratitude for good moments—and grace for bad ones

Practice compassion and nurture connections

# 4

# 5

Make peace with imperfection—inside and out

Embrace vulnerability by trusting others—and themselves

# 6

# 7

Accept—and appreciate—that things come and go

List created by Elisha Goldstein, Ph.D., psychologist, author of *The Now Effect*

## 7 Steps to Mindfulness

Mindful Breathing



Meditation



Awareness



Daily Journaling



Self-Acceptance



Turn Off Distractions



One Task Focus



TOUCHPOINT™  
BETTER LIVING THROUGH NEUROSCIENCE