

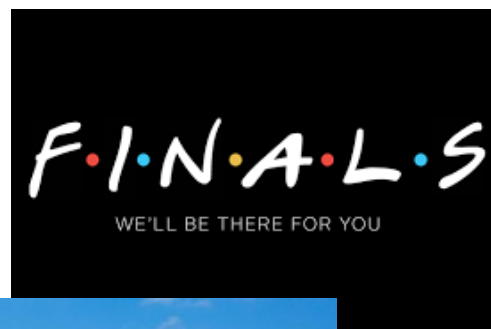
TCNJ RECWELL

Wellness Newsletter

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by Ashley Cox, RecWell Wellness Programs Coordinator



- **My Steps to Stress Less:** Importance & Reasoning Behind Daily Themed Activities
- **Quick Break:** Articles Related to Happiness & Making Your Fitness Dreams a Reality
- **Summer Wellness:** Suggestions on How to Stay Safe & Healthy in Summer 2022!
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Another semester is ending - can you believe it? I want to thank you, *reader*, for staying tuned on ways to live *well*. Finals week is almost at a close! There are various activities and spaces on campus for you to keep unhealthy stress to a minimum, *and* make room for fun. Let's take a look at some options:

❖ My Steps to Stress Less

This is part of the [Thrive During Finals](#) series we have going on a semester-basis, to help you relieve stress and engage in caring for your body and mind. Last week, there are daily themed activities on our [TCNJ RecWell Instagram page](#), that help facilitate self-care and destressing. Here are the themes and activities, and more on WHY they can be used to cultivate calmness:



Mindful Monday

- Positive Affirmations
 - As reported by the Y(MCA or WCA), positive affirmations are positive sayings or sentences which:
 - i. We need to believe them as truth for ourselves
 - ii. Need to be repeated out loud 3 – 5 times a day
 - iii. can enable us to help replace negative thought patterns
 - iv. can increase our self-worth and confidence.
 - Why not give it a try?
 - i. *“I will not compare myself to others.”*

(Tanti, 2021)

Challenge: Engage in this practice for at least one full week (7 days). How do you feel at the end of this?

Tensionless Tuesday

- STOP Practice

The University of Utah, School of Medicine, describes this practice well. “This is an informal mindfulness practice that can assist in shifting us from states of distraction and automatic pilot to a place of presence. In addition to formal mindfulness practice, intentionally pausing throughout the day can help bring awareness to our habit of distraction and slowly build a new habit of attention and awareness.

As much as you are able, observe what is present for you with curiosity, without judgment. Aware of our present moment experience just as it is, we may begin to notice our habits that cause stress. With this knowledge, we are empowered to make healthier choices and decisions.

- Just S-T-O-P

- **S = Stop.** Notice what it feels like to stop moving, to stop doing. If you are in a safe environment, you may want to close your eyes.
- **T = Take a breath.** Gently feel the presence of breath in your body. How does it feel to inhale? Exhale? Notice the quality of your breath. Slow and rhythmic? Shallow? When your mind wanders, gently bring your attention back to the feeling of your breath.
- **O = Observe** thoughts, emotions, and physical sensations. What is bubbling to the surface? Is there tension in your shoulders? Are you hungry? Thirsty? Are feelings of irritation present? Joy? Are you caught in a story about something that happened earlier today? Whatever is present for you, can you experience it without judgment?
- In these moments of noticing, it’s not necessary to change anything, to make it other than it is. The experience you’re having is just that, nothing more, nothing less. You might even notice

that in the brief time of noticing, all experience is shifting and changing; nothing is permanent.

- **P = Proceed.** Step back into all that you have to do with greater mindfulness and awareness. How you step back in to the next moment, the rest of your day, is up to you. With this wider lens of awareness, you now have a choice.”

(“S-T-O-P Practice”, 2021)

Wind-Down Wednesday

- Affirming Phrase
 - Self-affirmation is, “any behavior that confirms the moral and adaptive adequacy of the self” (“Self-Affirmation”, 2022)
 - Self-affirmation is living out your values, and thus affirming yourself. What are my top 3 values? What is number one, and why is this value important to me? Then write an example of when you exhibited this value. Self-affirmations are different than one sentence positive affirmations, and have been more researched.



(“Micro Class: Self-Affirmation Theory”, 2016)

Throw-Back Thursday

- Leisure from childhood
 - Feels a bit familiar? You are right to think so, as the Stress Less group leisure and play time focused on reviewing activities from your younger years.

This information is taken from RecWell March – April 2022 wellness program, [This One Life: Making Space for Playfulness in a Fast-Paced World](#). Below is information what play is and why it is important!

- What is play?
 - Pleasurable
 - Flexible
 - Spontaneous
 - voluntary
 - The focus is on the play activity with no extrinsic goal
 - Involves positive affect (such as a smile or laugh)
- (Zosh, 2018)
- The importance of play in adults:
 - For most, play seems to end between childhood and adulthood. When children play, it helps them build dexterity and imagination. Children also development physical, cognitive and emotional strength (Ginsberg, 2007).
 - Why does play seem to end?
 - Busy schedules
 - Spontaneous times for play seem difficult to come by
 - Societal norms
 - Benefits of play:
 - Stress relief
 - Boots creativity and imagination
- (Mirgain, 2017)
- Teaches cooperation
 - Can develop positive emotional connections
 - Can increase energy and vitality
 - Can improve social skills
- (Robinson, 2021)

- Suggestions on how to play as young adults
 - Schedule time for fun (Mirgain, 2017)
- Play activities may include:
 - Hosting a game night with friends
 - Playing with a pet
 - Do a scavenger hunt
 - Going on a bike ride with your roommate, with no end destination in mind
 - Go to dance studio, play music, and free form your dance moves!



Feel-Good Friday

- Taking stretching breaks & walks during lengths of time studying and staying seated
 - Getting up and moving our bodies during time of seated studies is helpful in enabling blood flow, stretching muscles, resting our eyes, amongst other benefits.
 - Engage in [desk stretches](#) from the Mayo Clinic – a reputable source!

Quick Break

Fun articles from TCNJ Campus Well

1. 8 Proven Ways to be Happier That You Can Try Today

- Cherish the ordinary
- Get that it is not all about dollar bills
- Use social media carefully
- Get active
- Love your work
- Nurture your people
- Reconsider getting famous
- Value what you went through

2. How to Have an Actively Awesome Summer: Turn Your Fitness Dreams into Reality

- This article has prompts to help you form a plan to make your dreams a reality.
- Most frequented summer activities include hiking or walking, bodyweight moves, and strength training. If you do NOT do these activities, no problem! Fill out the plan, make it all yours, and stick to it.
- Good luck & have fun!

❖ Summer Wellness

Griffin Hospital has some health and wellness tips for us to think about this summer! Let's take a look:

Watch the sun

- i. Wear SPF 30
- ii. Wear a hat with a brim
- iii. Try to keep out of the sun from 10am – 4pm, when it is the brightest
- iv. Wear loose fitting and light-colored clothing

Eat fresh fruits and vegetables

Stay cool, especially when working out. Try to exercise in the early morning or evening, as the outdoors will be cooler than.

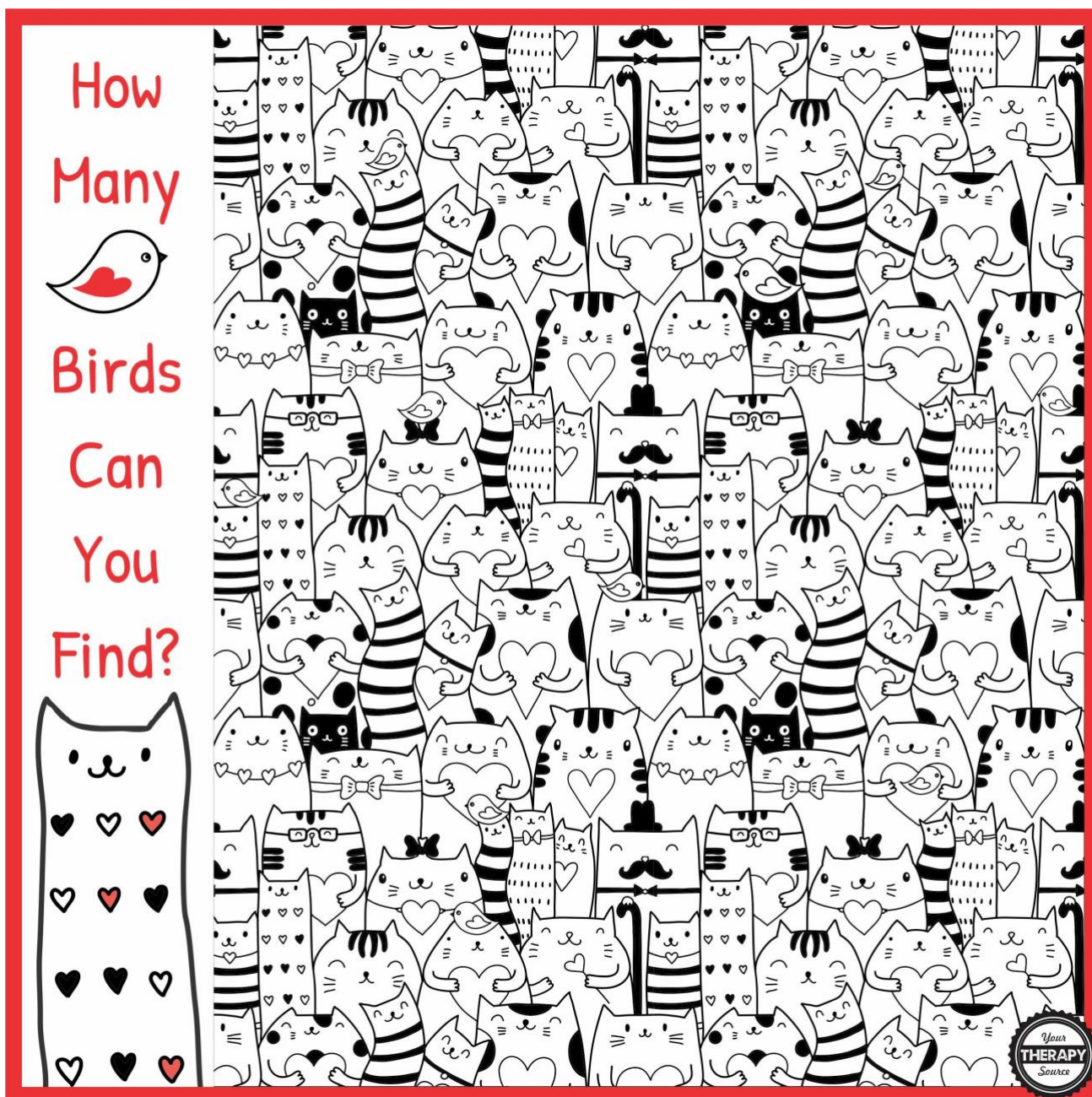
Protect against bugs and poisonous plants

- v. Increase your knowledge of such plants and critters
- vi. Use bug spray
- vii. Wear long pants and shirts

Stay in shape and talk to your doctor about an appropriate exercise plan for you. We have longer days with more time to plan for and set healthy habits in place.

(“Health and Wellness Tips to Get You Through the Summer and Beyond”, 2016)

Refresh Button 😊



Name: _____

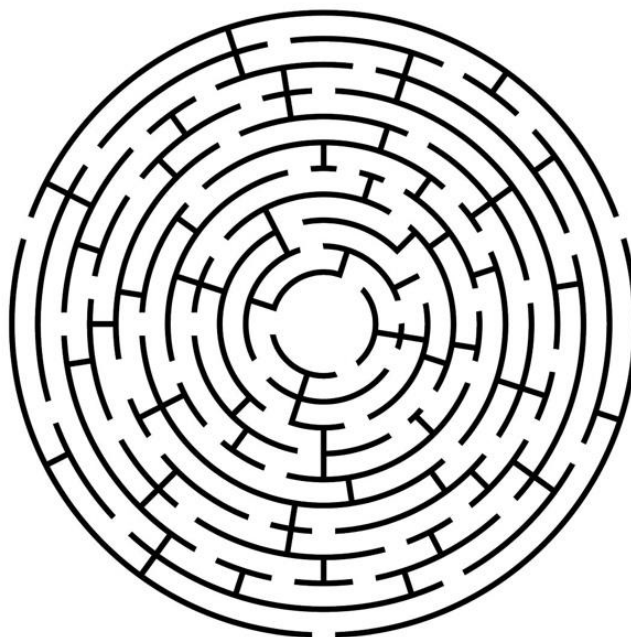
Pampered Chef Puzzle Fun!

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 R Z A C H D C E T P R Y F I O S P
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Baster
 Drizzler
 Microwave
 Pitcher
 Scraper
 Stoneware

Chopper
 Grinder
 Pantry
 Processor
 Seasoning
 Strainer

Cookbook
 Juicer
 Peeler
 Rockcrok
 Spatula
 Thermometer



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Recreation & Wellness

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