



WellU @HT

Volume 2, Issue 3

Weekly Wellness Newsletter

Welcome to Our Special Women's History Month Edition!

As we celebrate the remarkable achievements and contributions of women throughout history, it's essential to recognize the profound impact they've had on shaping our understanding of wellness. From pioneering advancements in healthcare to championing mental health awareness, women have played an indispensable role in fostering holistic well-being.

In this issue, we embrace the spirit of Women's History Month with the contributions of the women who are making an impact in our wellness initiative on campus. They share their knowledge, experiences and advice for living well.

Join us on this special issue as we honor the legacy of women who have championed wellness in all its forms and empower ourselves to lead fulfilling and balanced lives. Let's celebrate the past, present, and future of women's influence on wellness together!

Carlos M. Cervantes, PhD
Activity Director
WellU RAM Wellness Program

Mindfulness for Wellness

Mindfulness is not just a practice, it can be healing and a way of life. Mindful living allows us to be more present with everything that is happening day by day instead of living in our minds, ruminating on the past and future. Opening ourselves to have more space for compassion, grace, and self love in the awareness of presence. Being able to be consistent and intentional about mindfulness practices, also has neurological and psychological healing aspects. Regulating our nervous system and improving our emotional awareness. Practices can and will change based on what you need at the moment. Daily practices can be anywhere from 5-45 mins a day. Over the course of days and weeks, the practice can get longer or more frequent, and over time will allow changes to be more noticeable.



Here are some practices to try:

- **Body scan:** Centering in your body and having more embodied awareness. Try this when you are having trouble sleeping.
- **Awareness of breath:** Regulate breathing, heart rate, and grounding. Try this if you are having anxiety.
- **Journaling:** Processing thoughts, feelings, and experiences. Try this at the end or beginning of the day for reflection.
- **Mindful walking:** Allows awareness to be in the body, feeling the movement of the body as you move intentionally. Moves energy out of the body, allowing the mind and body to work as one.

Join a WellU Mindfulness session every Monday at 8am (Wellness Studio) and Fridays at 11:30am via Zoom. Follow Brandie on Instagram [@MorebyBrandie](#) or contact her at morebybrandie@gmail.com

Groom Your Spirituality



For me, wellness means that I am good and healthy in every aspect in life. It means taking care of my physical, mental, emotional, spiritual health and all our overall well-being, including anything that might trigger our life, and affect it.

My advice to all to work toward a healthier life, is to **engage deeper and intentionally in your spiritual wellness**. This aspect can change the way we see life and how we interact with others. Helping us make different and better choices that just makes us feel better in every aspect in life. Along with grooming our spirituality, I recommend engaging in physical activity every day. It does not mean you have to go exercise for one hour, or run a marathon, but to make intentional efforts to add some physical activity every day. It can be walking, joining a group of friends for yoga or joining the wellness classes on campus.

Being physically active has so many benefits, both physical and mental. Thus, it is often the number one medicine for living well: be active! Just the energy that exercising provides will help start the day with a different perspective and a better mood. For me, it is by engaging in my spiritual wellness and staying physically active that I empower myself to live well.

Naidelin Sanchez
Student Wellness Ambassador

Rest and Reset: 3 Easy Yoga Poses When You Need a Break

As we enter into the Spring Season it's easy to feel the urge to do more. The weather is mild, our city comes alive with events and people are ready to gather. YES to all of those things, (connection to others and the outdoors) but it is just as important to commit to creating a healthy rest routine.



Rest is not merely a physical act but a mental and emotional reset button.

It allows us to recharge, gain clarity, and strengthen our resilience in the face of life's challenges. To support your restful mindset, consider incorporating restorative yoga into your routine. Try these gentle poses to help release tension, calm the mind, and promote a sense of well-being.

- **Child's Pose** (*Balāsana*): Kneel on the mat, sit back on your heels, and extend your arms forward with your forehead resting on the floor. This pose gently stretches the back, hips, and shoulders, promoting relaxation and a sense of surrender.
- **Legs Up the Wall or Waterfall** (*Viparita Karani*): Lie on your back, place your legs up against a wall or against your headboard, and rest your arms by your sides. This pose encourages blood circulation, nourishes the vital organs in your torso, relieves fatigue, and soothes the nervous system.
- **Corpse Pose** (*Savasana*): Lie on your back, arms by your sides, palms facing up or hands resting on your belly and chest. Close your eyes and focus on your breath. Savasana promotes deep relaxation, reducing anxiety and stress.

Holding these poses for just 30 - 60 seconds is all you need to begin to feel the benefits. Always practice caution and come out of the pose if you feel pain. I wish you a restful spring and I look forward to seeing you on the mat.

Join a WellU Yoga session every Monday at 5pm and Wednesday at 12pm in the Chapel lobby. Follow Jerreta on Instagram [@resetyogaatx](https://www.instagram.com/resetyogaatx) and visit resetyogaatx.com for more tips and information.

Body and Mind Equally Important in the Quest for Wellness



What does wellness mean to me? well, it is the foundation of a truly fulfilling life. It's about much more than just feeling physically okay; it's about finding harmony and satisfaction across all aspects of our existence—our physical health, our mental and emotional state, our relationships with others, and even how we interact with the environment around us. Essentially, well-being is the achievement of a comprehensive balance among these aspects, enabling us to experience fulfillment as human beings. Achieving this balance is like unlocking the key to a more

meaningful life, where we feel connected to ourselves and the world around us.

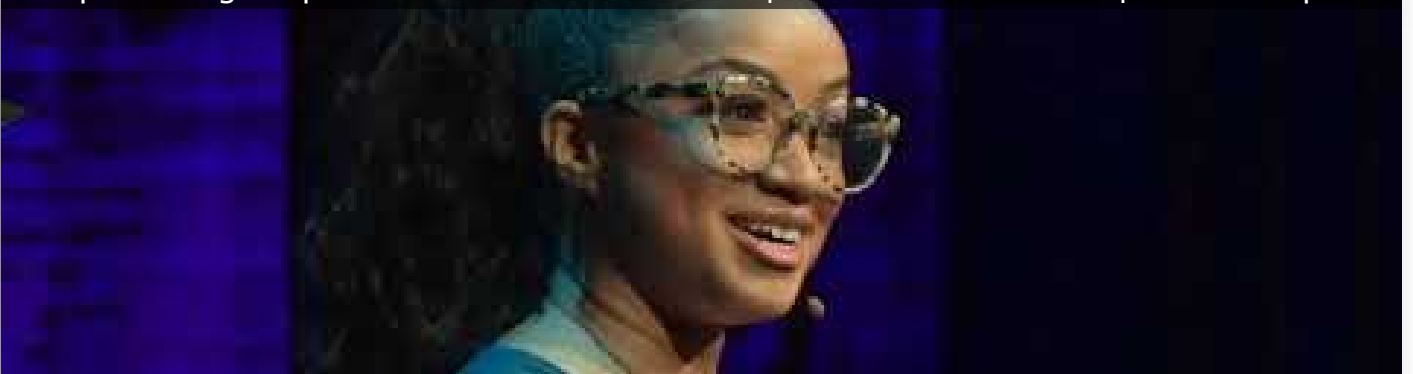
My advice for achieving wellness and living a fulfilling life is to prioritize caring for both the body and the mind. This means maintaining physical health through regular exercise, a nutritious diet, and adequate rest, as a healthy body forms the foundation for overall well-being. Equally important is finding a purpose that motivates and inspires you. Pursue your passions and goals, engaging in activities that hold genuine meaning for you. Spend quality time with your family and close friends, as social connections are essential. Additionally, engage in activities that bring you joy, relaxation, and renewal, such as pursuing hobbies, practicing meditation, or spending time in nature. Cultivate gratitude for the good things you have, and do not focus solely on the negative. This mindset can help foster inner peace, leading to a more fulfilling life.

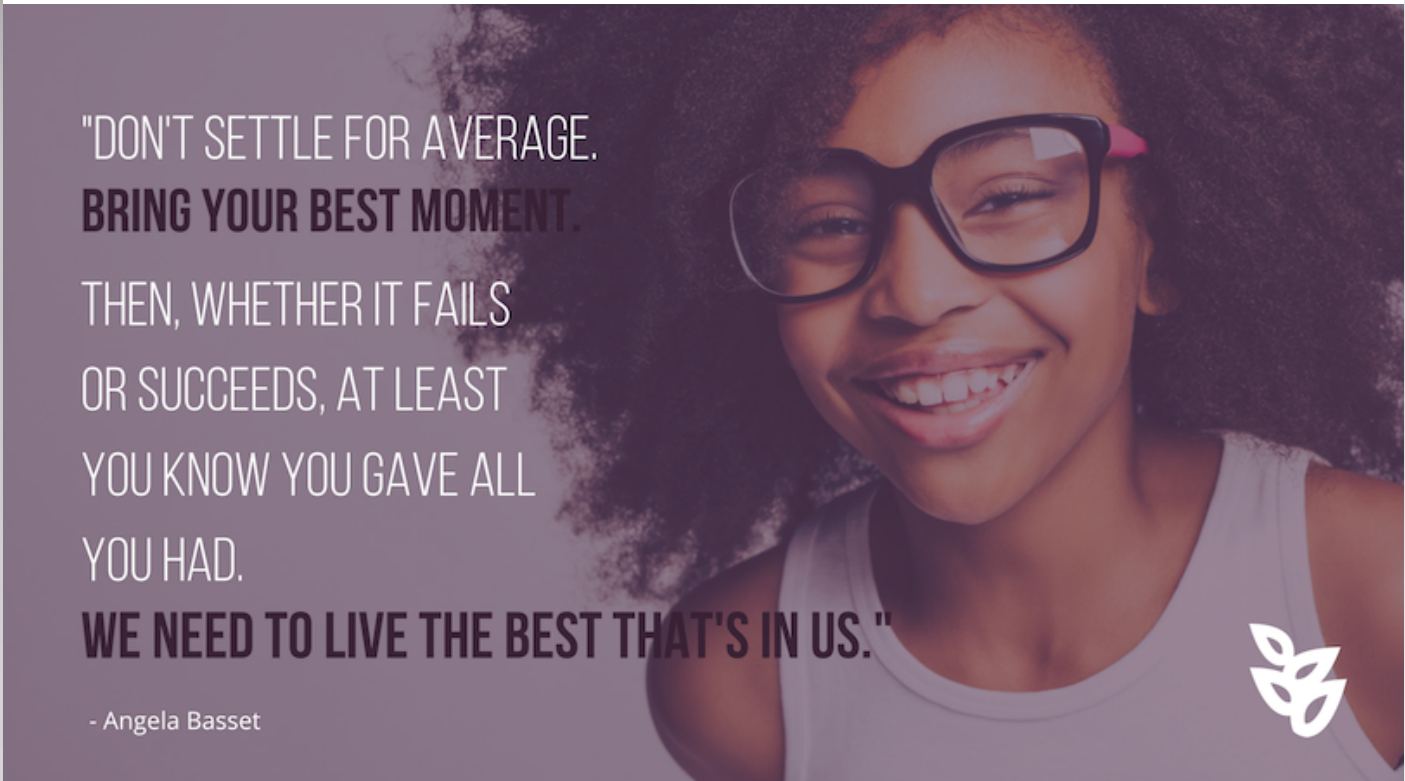
One of my favorite quotes for living well reads as follows: “The body is built to do incredible things but it’s the mind and the heart that can determine how far will you go” - Tia Toomey.

Maria P. Lopez
Student Wellness Ambassador

Stop Chasing Purpose and Focus on Wellness by Chloe Hakim-Moore

Stop Chasing Purpose and Focus on Wellness | Chloe Hakim-Moore | TEDxMemphis





"DON'T SETTLE FOR AVERAGE.
BRING YOUR BEST MOMENT.
THEN, WHETHER IT FAILS
OR SUCCEEDS, AT LEAST
YOU KNOW YOU GAVE ALL
YOU HAD.
WE NEED TO LIVE THE BEST THAT'S IN US."

- Angela Basset

Wellness and Health: Creating a Healthier Life

In our first newsletter, we shared the reasoning behind why we chose to focus on wellness, but not much about its relationship to health.

We invite you to think of wellness as meaning being healthy in many aspects (or dimensions) of our lives (e.g., physically, mentally, emotionally). These dimensions are interconnected, one dimension building on another. It's not just about not being sick; it's about thriving.

When you are well (optimal wellness), you have more energy, you are in a good mood, you can handle stress better, and you enjoy life more—less complains, more productivity. Every aspect of wellness can affect your life. For example, when worrying about money (financial wellness), you may experience anxiety (emotional wellness) that can result in physical symptoms (physical wellness) that can affect our ability to work (occupational wellness). Working toward all of them in one way or another is a great goal, because wellness relates directly to the quality of a person's life. In summary, wellness is about how we live our lives and the joy and fulfillment and health we experience.

Now, how does wellness impact health? Well, think of it like this: when you take care of yourself and make healthy choices—like eating well, exercising regularly, getting enough sleep, managing

stress, and nurturing your relationships, you are more likely to stay healthy. It's like giving your body and mind the tools they need to fight off illness and handle whatever life throws your way. So, wellness is not just a nice idea, it's actually super important for staying healthy and feeling your best every day! As someone once said: "health is a state of mind, wellness is a state of being."

In this special issue, we heard from women who have had a major role in our wellness program on campus. Their dedication, leadership, and participation have been instrumental in fostering a culture of holistic well-being. Their words encourage us to take care of ourselves, to be mindful about the present; they emphasized physical, spiritual and emotional wellness through creating a supportive environment for all. Their contributions in this issue serve as an inspiration and reminder of the invaluable role that women play in shaping our campus's health and happiness.

Carlos M. Cervantes, PhD
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WellU RAM Wellness Program

Join the WellU Wellness Program

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Carlos Cervantes

Carlos is using Smore to create beautiful newsletters