

# Wellbeing Week: Spring into Action

| Tips/Readings                                                                                               | On-Demand                                                                                            | Live Virtual                                                                                | In-Person                                                                                                             |                                                                                                    |
|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| MONDAY 5/23                                                                                                 | TUESDAY 5/24                                                                                         | WEDNESDAY 5/25                                                                              | THURSDAY 5/26                                                                                                         | FRIDAY 5/27                                                                                        |
| Blog Post:<br><a href="#">Cultivating Perspective</a>                                                       | Blog Post:<br><a href="#">Engaging Mindfully</a>                                                     | Blog Post:<br><a href="#">Connecting Authentically</a>                                      | Blog Post:<br><a href="#">Acting Intentionally</a><br>Article: Learn about the <a href="#">brain-gut connection</a> . | Blog Post:<br><a href="#">Living Meaningfully</a>                                                  |
| <a href="#">Virtual Mini Strength Workout</a><br>12 - 12:30pm<br>(pre-registration required)                | <a href="#">Creating Your Wellness Vision Webinar</a><br>12 - 12:30pm<br>(pre-registration required) | <a href="#">Quick Refresh:</a><br>10-minutes and under yoga for everybody!                  | <a href="#">Blog: Springing into Action this May</a>                                                                  | <a href="#">Sleep Well Webinar</a><br>12 - 12:30pm<br>(pre-registration required)                  |
| <a href="#">Scroll the SWC Wellbeing feed on Insta</a>                                                      | <a href="#">Pick Up or Download an SWC Gratitude Journal</a>                                         | Walking Wednesday<br>12:15 - 12:45pm<br>Meet at the flagpoles on the Green (rain or shine)! | <a href="#">Spring Into Action Spotify Playlist</a>                                                                   | <a href="#">Mindfulness Minis</a><br>2:00 – 2:10 PM<br>Live Virtual                                |
| <i>Tip:</i> Get outside in nature today for at least 20 minutes. or Roll the <a href="#">Exercise Dice!</a> | <i>Tip:</i> Disconnect from your phone and computer and <a href="#">do something you enjoy</a>       | <i>Tip:</i> Take 5 deep breaths. In for 4, hold for 4, and out for 4 counts.                | <i>Tip:</i> Eat mindfully, without distractions, at each meal and savor the flavors and smells.                       | <i>Tip:</i> Write down 3 things you are grateful for Or Roll the <a href="#">Gratitude Dice!</a> . |
| <a href="#">Balance Yoga</a><br>5:30 – 6:30<br>In-Person<br>(pre-registration required)                     | <a href="#">Mindfulness Drop-In</a><br>4 - 4:30pm<br>In-person/virtual                               | <a href="#">Get Creative Mindfully!</a>                                                     | <a href="#">Outdoor Yoga on Baker Lawn</a><br>4:30 – 5:30pm<br>(pre-registration required)                            | <a href="#">Unwind Your Mind Event w/Outdoor Yoga</a><br>Mass Row, 2 - 5pm<br>(families welcome!)  |

