Welcome to our first issue of the Well-Being Weekly! A positive space for sharing useful and meaningful ideas and resources that inspire and engage us as we navigate this challenging time. The Office of Student Engagement and Well-Being uses a holistic engagement compass with seven dimensions to inform our co-curricular programming and outreach: intellectual, community-building, cultural, occupational, emotional, spiritual, and physical. In that vein, we are relying on the compass now to ensure that we are supporting our students and ourselves in myriad ways that add value, meaning, and energy to our lives right now.

We are all navigating this "unprecedented" and challenging time as best we can. As best we know how. For those of us who like to think we have a modicum of control, navigating life right now is tricky! Those who know me well, know that I like to refer to myself as a "recovering perfectionist". 

Working the Compass: Or, How to Deal With the Chaos Within

By Meaghan Mundy, Ph.D.
The Silver Lining

No commute to work? No problem! Looks like you've gained some valuable time . . .

How often have we lamented that we wished we had more time? To exercise, to journal, to try something new. Well, now's our chance! If we think about the time we used to spend commuting to and from work or school, many of us have gained anywhere from 30 minutes to an hour - maybe more! Anyone who's a follower of Tim Ferris' (4-Hour Workweek, 4-Hour Body) knows just how much we can do in a small amount of time to maximum effect. Let's make the most of that extra time and do something good for ourselves. Anais Nin said, "Life expands in proportion to one's courage."

One has to have chaos within to give birth to a dancing star. - Nietzsche

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Let's be courageous, expand our boundaries, and make the most of this (precious) time!

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Yet, I'm known to fall off the "recovering perfectionist wagon" A LOT. What are we to do amidst the chaos? Here's my short list for what's keeping me (relatively) sane:

- Reminders and **affirmations**: One day at a time. Or, be **here** now. Be there later.
- **Breathe.** Deeply. Center yourself in the present.
- **Walk** outside. Everyday. Even in the (seemingly incessant) rain!
- Give your body **healthy food** and lots of **good water**.
- Empty yourself by **writing** in a journal. Name what you are grateful for, no matter how small.
- **Notice Spring** springing - nature hasn't stopped; She's **winking at you**! Stop to smell the flowers.
- **A pace of grace** for the win. Give yourself and others so much grace right now; we all need it.
- Prioritize rest. **Naps** are productive when they help us be better versions of ourselves.
- **Reach out** to a friend, neighbor, colleague, or family member. You never know how much they might need it!
- Laughter IS the best medicine! **Find humor** and **be light**. (What did the "O" say to the "8"? . . . Nice belt!)
Restorative Yoga Pose: Legs Up the Wall

Too much sitting?
Try this pose to get your energy flowing!

Want more yoga? Check out Yoga with Adriene (for all levels):
https://www.youtube.com/user/yogaewithadriene

Food for Thought (and Energy!)

Quinoa Salad with Almonds, Feta, and Cranberries

1 cup quinoa + 2 cups water (to make the quinoa)
1 tsp sea salt
1 cup sliced green onions
1 cup crumbled feta cheese
1 cup dried cranberries
3/4 cup chopped, toasted almonds
1/4 cup extra virgin olive oil

Make the quinoa per package directions then add all the ingredients to the cooked quinoa. Substitute cheese alternatives if vegan. Enjoy!
From Dr. Josh Axe - draxe.com

A Parting Blessing

May you be blessed with vision in these shadow times.
May light invade the darkness.
May it be a soft brilliance as bare as candlelight, guiding you through twilight 'til dawn.
And when the dawn breaks, may you find yourself upon a threshold.
May you enter and go through, and may you emerge into the dance—a whole and holy new dance of grace.
- Maureen J. Hilliard

Feedback or ideas? Please share at PeabodyOSE@vanderbilt.edu

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