WELLNESS WEDNESDAY

Today's tip:
Practice mindful non-striving by
Engaging in a Jigsaw Puzzle Meditation

RESOURCES & SUPPORT

Monks Creating a Sand Mandala:
https://www.youtube.com/watch?v=GA3su0ECdPe&feature=youtu.be

Bibliotherapy:
"Full Catastrophe Living," by Jon Kabat-Zinn, Ph.D.
"When Things Fall Apart: Heart Advice for Difficult Times," by Pema Chödrön

Campus Resources:
(this list is not exhaustive)
Student Counseling Services: https://www.una.edu/counseling
University Case Management: https://una.edu/case/
Feeding the Pride: Assistance with food insecurity
https://www.una.edu/students/Food-Pantry/index.html
Success Center: Online tutoring & advising - https://una.edu/successcenter/
Disability Support Services: https://www.una.edu/disability-support/
Mitchell-West Center for Social Inclusion: https://www.una.edu/socialinclusion/

Moment of Zen

“Lives fall apart when they need to be rebuilt.”

-Iyanla Vanzant