WELLNESS WEDNESDAY

Today’s tip:
Connect mind and body while cultivating compassion and non-attachment by trying a virtual YOGA CLASS!

RESOURCES & SUPPORT

Bibliotherapy:

"No Death, No Fear: Comforting Wisdom for Life" by Thich Nhat Hanh
"The Four Agreements: A Practical Guide to Personal Freedom (A Toltec Wisdom Book)" by Don Miguel Ruiz
"Boundaries: When to Say Yes, How to Say No To Take Control of Your Life" by Dr. Henry Cloud and Dr. John Townsend

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

The more you practice gratitude, the more you see how much there is to be grateful for, and your life becomes an ongoing celebration of joy and happiness.

-Don Miguel Ruiz