

Wellness InSTALLments

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Upcoming Events

12/2 RHA Ugly Sweater Extravaganza
8-10pm, NLV Boardwalk

12/4 Cash Cab
9-11am, Main Campus

12/5 Last Day of Classes

12/6 SoVi Safe Night
10pm-12am, Palmetto Bus Loop

12/10 Late Night Breakfast
9-11pm, Cohen Ballroom



Please see our online calendar for a full, updated schedule

WELLNESS TIP

Feeling overwhelmed? Plan ahead! At the beginning of each week, take some time to fill out your planner with important events.

Question of the Month

What is your favorite self-care practice?

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Scan the QR for information on our Wellness Coaching.



You Gotta Nourish To Flourish

Has your life been chaotic lately? Have you had the chance to sit and relax for a second and just breathe? We spend so much time worrying about everyone around us, that we often



forget to take time for ourselves. When was the last time you sat down and focused on yourself for at least ten minutes? Many individuals are guilty of self neglect due to school responsibilities, work responsibilities, or other obligations. **Self-care is something that is imperative for your health, but is rarely practiced.** We may feel like taking time for ourselves is a waste of valuable time or that it is simply a daunting task. It is easy to forget that self-care is not a one-time act. It is a process and a mindset. Start small! The first step is recognizing that we are worthy of the same time and attention we offer to others.

Practicing Self-Care

Know your limits— A big part of self care is being able to realize when you are doing too much.

Take time to rest— Make sure you fit in time to sleep! This gives your body and mind time to recharge for the next day.

Nourish yourself— Don't forget to eat! This is where much of our energy comes from in order to function properly for the day.

Take a break— Don't wait until the end of the day to begin focusing on yourself. Take a few minutes throughout the day to decompress and clear your mind.

Find a new hobby— Take time to figure out what you enjoy doing, and use that as an activity to take some time for yourself.

Log off— Turn off your phone for an hour each day to reconnect with yourself.

TAKE CARE



OF YOURSELF

8 Dimensions of Self-Care

Self-care is a preventive health strategy involving actions and behaviors that improve, restore, or maintain good health.

Systemic – How we eat, move, and rest

Emotive – How we express ourselves

Luminescent – How we illuminate our inner truth

Financial – How we allocate our resources

Cognitive – How we think

Aptitudinal – How we contribute to the world

Relational – How we connect with others

Environmental – How we balance with nature

