



UNIVERSITY
OF MIAMI



2022-23

LEAP INTO WELL-BEING

Faculty and Staff Assistance Program (FSAP)

LEAP INTO WELL-BEING: FSAP'S 28-DAY CHALLENGE

February 2023

We invite you to join the FSAP's "LEAP into Well-being," 28-day challenge beginning February 1, 2031. Be inspired by this month's four themes of well-being: happiness, balance, wellness and patience.

Each day in February will feature a simple challenge to motivate and stimulate a mindset of physical, emotional, and spiritual well-being. This challenge is meant to encourage you to engage in healthier choices while sparking an interest in simple actions that can lead to changes in lifestyle.

	SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Welcome Webinar: Dance Kick-off</u>	2 Stretches for the Face	3 Stretches for the Neck	4 Stretches for the Back
HAPPINESS	5 Happiness Self-Assessment	6 Exercise = Happiness	7 Webinar: Create Your Own Happiness	8 Happiness Break: 5 Minutes of Gratitude	9 Exercise Optimism	10 Living a Life of Purpose	11 Practice Conscious Acts of Kindness
BALANCE	12 Go for a Savoring Walk	13 Breathe In, Breathe Out	14 Webinar: Find Your Emotional Balance	15 Morning Meditation	16 Attend a GRATITUDE Webinar	17 Favorite Things	18 Float Like a Balloon
WELLNESS	19 Learn About Wellness Dimensions	20 Releasing Emotions	21 Webinar: Promote Your Wellness	22 Drink Water	23 Self-Awareness Exercises	24 Social Connections	25 Doing Absolutely Nothing
PATIENCE	26 Watch the Clouds	27 Patience and Trust	28 Webinar: Cultivate Patience				

LEAP INTO WELL-BEING

February 2023



Welcome to LEAP into Well-being 2023!

We invite you to join the FSAP's "LEAP into Well-being," 28-day challenge beginning February 1st. This year, we will have a Leap DANCE Kick-off with guest facilitator, Carol Kaminsky to inspire, energize and activate our bodies and minds. We hope that you will be inspired by this month's four themes of well-being: happiness, balance, wellness and patience.

Each day in February will feature a simple challenge to motivate and activate a mindset of physical, emotional and spiritual well-being.

Go to our website at miami.edu/fsap and click on the calendar icon.

If you participate in 15 or more activities (including webinars) your name will be added to a raffle. Certificates and raffle gifts will be awarded at the end of the month. Participants must register on ULearn to qualify for the raffle and/or receive their certificates.

Earn up to 600 Well 'Canes points by engaging in 15 or more activities and attending all five LEAP into Well-being 2023 weekly webinars.

To register for webinars [click here](#).



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023



Stretches for the Face

Creating and maintaining healthy, oxygenated, well-vascularized (blood-enriched) muscle tissue through regular muscle stretching will lead not only to a healthier life but also a far more enhanced experience of life itself. Stretching has been shown to be far more than simply a way to feel good. It also:

- Increases blood flow to muscles
- Relieves stress
- Increases flexibility and range of motion
- Improves your posture
- Relaxes nervous system and calms the mind

The face is one of the main areas of the body where tension is stored.

Here are 3 face exercises:

1. **Open Mouth Stretch** – Find time each day to open your mouth wide, even if you need to pretend you are yawning.
 - How to do it: Massage the muscles around the jaw with the pads of your fingers to warm them up. Then open your mouth wide.
2. **Tongue Out** – It's important to give our tongues, one of the strongest and most overused muscles a good stretch whenever you can.
 - How to do it: Massage the muscles around the jaw with the pads of your fingers to warm them up. Then open your mouth wide and stick out your tongue as far as you can.

Tip: Making a strong exhale when you stick out your tongue will enhance the stretch. In yoga, this is known as Lion's Breath.

3. **Around the eyes** – This small but powerful exercise will provide some relief to the muscles around your eyes.

◦ How to do it: Press the pads of the fingers on your temples and gently pull the skin back toward the hairline.

Next, with your eyes closed press the pads of the fingers beneath the eyebrows and gently press them toward your forehead.

Tip: Making small circles with your fingers as you apply pressure can be very soothing.

CALENDAR VIEW

miami.edu/fsap

Source: *The Power of Stretching* by Bob Doto, licensed massage therapist

LEAP INTO WELL-BEING

February 2023

Stretches for the Neck

Stretching safely and with breath. All body stretches should be done in conjunction with intentional inhales and exhales. You want to inhale to prepare for the stretch and exhale to perform the stretch. Listen to your body and do not overdo it.

Decreased range of motion when turning the head is one of the most common neck pathologies.

Here are 3 neck exercises:

- 1. Turning the head** – Done with intention, this stretch can yield great benefits.
 - How to do it: Looking forward, bring your head into a comfortable neutral position.
 - On an exhale, turn the head to one side. On the inhale, bring the head back to the center. Repeat.
- 2. Chin to sternum** – The advent of the smartphone means that the head forward posture has practically become an epidemic, so you might be surprised by how good it feels to bring the chin to the sternum to stretch the back of the neck.
 - How to do it: Tilt your head down so that your chin is pressing into or close to the sternum. Place your dominant hand on top of your head with the fingers facing the back. Lightly traction the head forward to increase the stretch. Repeat on the other side.
Tip: Place the chin into the sternum first, before applying traction with the hand on the head.
- 3. Head back stretch** – This stretch is particularly useful for people who find themselves looking at their phone or other electronic devices for many hours a day. In other words, all of us!
 - How to do it: While sitting down or standing, and with your spine long, tilt your head back as far as is comfortable.



[Click here or the play button to view.](#)

CALENDAR VIEW

miami.edu/fsap

Source: *The Power of Stretching* by Bob Doto, licensed massage therapist

LEAP INTO WELL-BEING

February 2023

Stretches for the Back

When your muscles stretch from everyday activities, you elongate their fibers, the individual strands that make up the muscle itself. When you intentionally and slowly stretch a muscle past its maximal resting length, with synchronized breathing, as you might in a yoga class, misaligned muscle fibers get the chance to reorganize themselves along the line of the stretch.



Here are 3 back exercises:

- 1. Trapezius stretch** – The trapezius muscle covers a large portion of the back, yet it is rarely intentionally stretched.
 - How to do it: Sit in a chair. Lean forward slightly and grab the outside of each opposite thigh with your hands. Slowly start to lean back while rounding the spine, and at the same time resist this movement with the hands grabbing the thighs.
- 2. Side stretch** – Just because many of us used to do this stretch in gym class, do not underestimate its significant effects.
 - How to do it: Standing with your feet apart, raise one arm up alongside your ear with the palm facing your head. On an exhale, reach the hand up and over your head as you lean to one side. Repeat on the other side.
Tip: Bring your awareness to your belly as you do this stretch, and rather than simply leaning to one side, try to reach up and out of the abdomen.
- 3. Child's pose** – Anyone who's ever taken a yoga class will be familiar with this "rest" position.
 - How to do it: Sit on your heels and slowly bring your belly to your thighs. Walk your hands out in front of you and place them on the floor with your fingers stretched wide.
Alternative: With your arms outstretched you can walk your hands to the left and the right to isolate and increase the stretch on each side of your body.

CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

Happiness Self-Assessment

Happiness is an important part of life. It is a personal state of physical, spiritual and emotional well-being that you can experience anywhere at any time.

Take the happiness self assessment quiz to get a feel for your current mental state. View the quiz [here](#).

Add up the scores. If your total score is below 20, you are a long way from being a happy camper. If your score is 35 or above, you're either already happy or you're right on the verge. And if you are in between 20 and 35, you're neither happy nor miserable. Take a minute to examine your individual answers, focus on those with low scores. These are the ingredients that you are missing from your recipe for happiness.

Source: Happiness for Dummies, W. Doyle Gentry, PhD

[Click here to watch an introduction video on happiness.](#)



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

Exercise = Happiness

Studies about exercise and happiness show physically active people are happier. They maintain better life satisfaction and higher self-esteem. It is the exercise that infuses them with happiness.

Exercise reduces depression, anxiety, stress, and panic; it betters mental processing, creates longer life, improves sleep quality, and strengthens the immune system.

Exercise generates the release of serotonin, norepinephrine, and dopamine in the brain. Exercise increases the brain's learning and memory capacities. People's mood significantly increased after exercising. Research demonstrates that exercise may be the most reliable happiness booster of all activities.

So go for it! Start exercising and have fun with it!



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

HAPPINESS

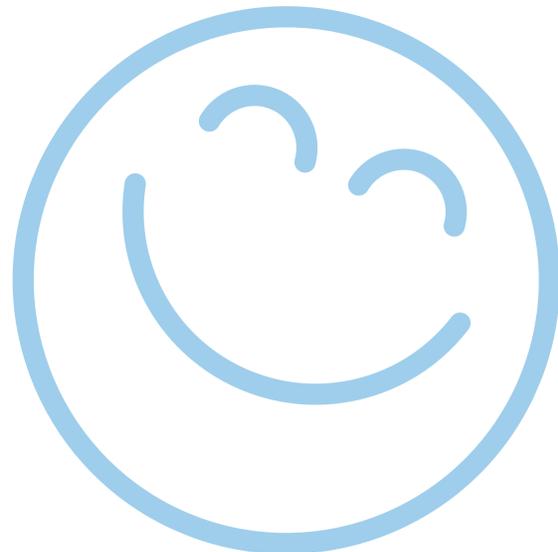
Day 7



Webinar: Create Your Own Happiness

Join us for this 30-minute webinar to learn how to create your own happiness. This webinar will be facilitated by a UM FSAP consultant. FSAP Health and Wellness seminars are offered as part of the University of Miami's Well 'Canes Program. Attend to receive 50 Well 'Canes points (to a maximum total of 200 points for FSAP 30-minute webinar attendance per calendar year).

[Register for this webinar.](#)



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

Happiness Break: 5 Minutes of Gratitude

“Happiness – A state of being joyous, content, and carefree. A feeling that lifts spirits and causes one to smile.”

Not sure how to start practicing gratitude? **Follow these steps:**

1. Sit or lay down somewhere comfortable. You may close your eyes if you wish, and take a slow, deep breath in to ground into the present moment. Then, scan your body from head to toe, noticing how you’re feeling in this moment. Let worries and plans clear from your mind.
2. Start by thinking about all the things that make your life comfortable: Clean water on tap, light at the flip of a switch, a roof over your head to protect you from the weather, warmth, and comfort when it gets windy, rainy, or cold.
3. Let your mind wander to all the millions of people who have worked hard to make your life more comfortable: Those who plant and harvest the food you eat, who bring it to markets, people who ensure the water we drink is clean, delivery drivers, teachers, all the people who create art and music and books and films and all the things that can bring us so much meaning, and so on.
4. Think about the acquaintances who bring richness to your life, like a colleague, neighbor, or someone you often see at the gym or a coffee shop.
5. Take a moment to think about what you’re really grateful for today, right now.
6. Notice how you’re feeling now, compared to when you started, and then start to bring movement back to your body, wiggling fingers and toes, maybe slowly standing up.
7. If you have the time, spend a few minutes journaling about what you thought about.



CALENDAR VIEW

miami.edu/fsap

Source: [https://greatergood.berkeley.edu/Dr. Kathy Kemper](https://greatergood.berkeley.edu/Dr._Kathy_Kemper), director of the Center for Integrative Health and Wellness at the Ohio State University

LEAP INTO WELL-BEING

February 2023



Exercise Optimism

The word “optimism” comes from the Latin word optimum, meaning “the best.” In psychology, optimism or dispositional optimism is a set of beliefs and traits that help individuals reflect on the positive aspects of life rather than the negative ones. It is a personality pattern that displays resilience and personal strength.

Taking a proactive perspective of hope and possibility. By employing a habit of optimism, people take ownership. They generate new options, invent solutions to “unsolvable” problems — and they are healthier, have stronger relationships, do better at work, and are more resilient.

Exercise: Consider what went well

“It’s not that optimism solves all of life’s problems; it is just that it can sometimes make the difference between coping and collapsing.” – Lucy MacDonald

At the end of every day, consider what went well. Think over the day and list everything that went as planned or as best as it could. Notice all the moments, experiences and interactions that transpired throughout the day that made you feel content, positive or happy. (Suggestion: Have a journal or notebook on your night table and get into the habit of listing at least 3 things that went well. This will be the last things you remember and write down before you go to sleep).

CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

HAPPINESS

Day 10



Living a Life of Purpose

What is your purpose in life? Do you have one yet or are you still looking? Instead of searching for something, some task, activity, career, that you think will make you happy, turn it around and think about those times when you're the happiest and ask yourself, "What was I doing at the time?"

Living a purposeful life doesn't necessarily mean that life is static, unchanging. In other words, your purpose – why you're here – stays the same, but the way you spend your time can change dramatically.



Click the play button to watch Steve Harvey's motivational video.

CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

HAPPINESS

Day 11



Practice Conscious Acts of Kindness

“You cannot do kindness too soon, for you never know how soon it will be too late.”

—Ralph Waldo Emerson

Your connections to others in your social circle are like oxygen to your sense of well-being. These connections fuel your happiness factor. A simple way to connect with others is to consciously reach out and share a positive message with them. Each morning, as soon as you open your inbox, write an authentically positive affirming e-mail or text praising someone or thanking someone for his/her contributions in your life.



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

miami.edu/fsap

February 2023

BALANCE

Day 12



Go for a Savoring Walk

“Walk as if you are kissing the earth with your feet.”

-Thich Nhat Hanh

Walking is one of the best things you can do to manage stress, anxiety, and feelings of sadness. The important thing is to be fully present as you walk. Take your phone for safety reasons but do not listen to music or talk during this walk. Instead use your five senses to ‘savor’ the experience of walking either in your neighborhood, a nearby park or elsewhere. Walk for 10 minutes or more to clear your mind. You may want to gradually increase your walking routine to 30 minutes a day to receive maximum benefits.

According to the Mayo Clinic, regular brisk walking has the following benefits:

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer, and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Increase energy levels
- Improve your mood, cognition, memory, and sleep
- Improve your balance and coordination
- Strengthen immune system
- Reduce stress and tension



Click the play button to watch a 2 minute video

CALENDAR VIEW

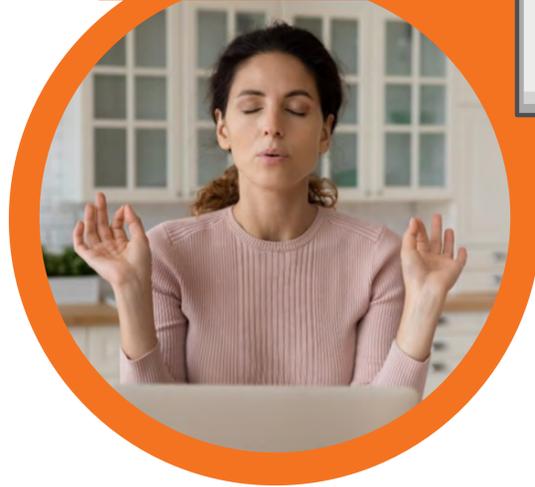
miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

BALANCE

Day 13



Breathe In, Breathe Out

“Let go of the battle. Breathe quietly and let it be. Let your body relax and your heart soften. Open to whatever you experience without fighting.” - Jack Kornfield

Try this simple relaxing breath (4-7-8 exercise)

These 3 steps can be performed in one smooth, continuous inhalation, which with practice can be completed in a few seconds. It can be done in a sitting or standing position.

1. Inhale a breath through the nose to a mental count of 4.
2. Hold your breath for a count of 7.
3. Exhale slowly through pursed lips to a count of 8 making a whooshing sound.

Repeat 8 times.

Breathing Tip: As you inhale,

- First fill the lower section of your lungs. Your diaphragm will push your abdomen outward to make room for the air.
- Second, fill the middle part of your lungs as your lower ribs and chest move forward slightly to accommodate the air.
- Third, fill the upper part of your lungs as you raise your chest slightly and draw in your abdomen to support your lungs.

[CALENDAR VIEW](#)

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

BALANCE

Day 14



Webinar: Find Your Emotional Balance

“Be aware of wonder. Live a balanced life – learn some and think some and draw and paint and sing and dance and play and work every day some.” Robert Fulghum

Join us for this **30-minute webinar** to learn how to find your emotional balance.

This webinar will be facilitated by a UM FSAP consultant.

FSAP Health and Wellness seminars are offered as part of the University of Miami’s Well ‘Canes Program. Attend to receive 50 Well ‘Canes points (to a maximum total of 200 points for FSAP 30-minute webinar attendance per calendar year).

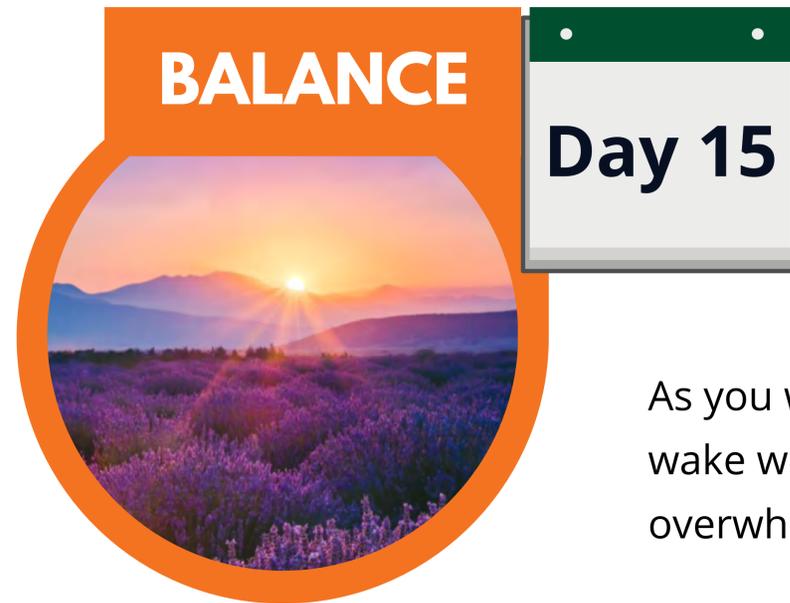
[Register for this webinar.](#)

CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023



Tune into Yourself- Morning Meditation

“Every morning we are born again. What we do today is what matters most.” Buddha

As you wake up in the morning, do you feel refreshed from a night of restorative sleep, or do you wake with a sense of dread? If you wake up feeling anxious, experiencing palpitations and a sense of overwhelm before your day has begun, there is something you can do, tune into yourself.

How to do it:

- Close your eyes if you wish.
- Turn your attention to your body and see what feelings want your attention. Do not try to change them, just be aware of them. Where in your body is this feeling(s) manifesting? Is it in your chest area, your abdomen, or elsewhere? Attend to the feeling(s) for 3 to 5 minutes.
- Take three deep calming breaths before getting up and starting your morning routine.
- Write down what you noticed. This will help you clear your mind for the day.

CALENDAR VIEW

miami.edu/fsap

Source: *Kindness Now: A 28-day guide to living with authenticity, intention, and compassion.* Amanda Gilbert. 2022.

LEAP INTO WELL-BEING

February 2023

Use Supportive Touch

During one of your breaks today, take time to engage in a self-soothing activity using supportive touch. Touch activates the parasympathetic system to help you to feel comforted and safe. The research shows that physical touch releases oxytocin, the love hormone, which leads to a greater sense of security, calms distressing emotions and leads to a sense of well-being.

It may feel awkward at first, but if you persevere and find an activity to try, you will reap the benefits of supportive touch. Try these practices during times of distress. These simple, yet effective practices help to invoke feelings of being loved, cared for, accepted, and nurtured. Select a practice and work on it daily for a week. In time, you will develop the habit of physically comforting yourself as needed. You will discover how engaging in these simple activities help you show compassion and kindness to yourself.

Find a quiet place to try these supportive touch practices:

- Take 3 to 5 deep, calming breaths to find your center.
- Gently place one hand over your heart and sense the gently pressure. You can also try putting both hands on your heart. Focus on the difference between having one hand versus two.
- Make small circles on your chest with one hand, if you wish.
- Focus on your chest rising and falling with each breath.
- Linger in this moment of calm, warmth, security, and sense of well-being as long as you like.

Other supportive touch practices:

- Softly cradling your face.
- Gently stroking your arms.
- Folding your arms across your chest and giving yourself a gentle hug.
- Placing one hand over your heart and the other on your abdomen.
- Lightly placing one hand on your cheek.

Source: [self-compassion.org](https://www.self-compassion.org)

BALANCE

Day 16



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

Favorite Things

This is an effective grounding technique to help remove you from the chaos in your mind, whether it is ruminative thinking or worrying, this will bring you into the present moment. This technique involves focusing on a cognitive task, like listing items by category, which helps you to direct and focus your attention to your current undertaking.

How to do it:

1. **Select three categories** (i.e., music/songs/bands, dog breeds, cartoons, superheroes, movies, animals, etc.)
2. **List your top five favorites in each category** (Shih Tzu, Labrador, Yorkshire Terrier...). Once you are done with the first category, go on to the next one
 - * At the end you should have fifteen favorite things that you have identified.
3. **Ask yourself these questions:**
 - What did I notice about my thoughts and feelings while I was engaged in this exercise?
 - What was the most difficult part of this exercise?
 - What was helpful?
 - Where and when in my day-to-day life do I think this strategy would be most helpful?
 -

Source: Finding Your Balance: A Cognitive Behavioral Therapy Workbook, 2022

BALANCE

Day 17



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

Float Like a Balloon

“When I let go of what I am, I become what I might be.” Lao Tzu

This fun and simple visualization will help you up and out of your current state of overwhelm, anxiety or stress. This activity will help you feel light. When you feel unhappy, bored, or worried your body feels heavy, tense and closed. Finding a way to release this tension can help you feel unburdened and weightless. This activity will help your brain make the switch from feeling tense to feeling relaxed.

How to do it:

- Close your eyes and picture a balloon of any color in your mind’s eye. See all the details of the balloon, its shiny exterior, the long string attached to a weight, the bright color and how this contrasts with the blue sky.
- As you watch the balloon, imagine that the string attached to the balloon is cut. It is now free to float. Watch it as it bobs upward, floating gently in the breeze. You watch it as it goes higher and higher.
- Take 3 to 5 deep breaths as you watch the balloon float upwards. Feel the breeze on your face and the sense of weightlessness in your body. Watch it for a couple of minutes, then bring yourself back to the ground. Focus on that sense of lightness with you, keep it with you.
- Open your eyes and continue with the rest of your day.



CALENDAR VIEW

miami.edu/fsap

Source: *The Book of Patience: 250 ways to a more patient you.* Courtney E. Ackerman. 2021.

LEAP INTO WELL-BEING

February 2023

Learn about Wellness Dimensions

The World Health Organization (WHO) defines wellness as: “a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” The active pursuit of activities, choices and lifestyles that lead to a state of holistic health. There are two important aspects to this definition. First, wellness is not a passive or static state but rather an “active pursuit” that is associated with intentions, choices and actions as we work toward an optimal state of health and well-being. Second, wellness is linked to holistic health—that is, it extends beyond physical health and incorporates many different dimensions that should work in harmony.

The primary top-level dimensions of wellness are: mental, physical, spiritual, social and lifestyle. Each primary dimension of wellness includes multiple sub-dimensions:

Mental Wellness

- Philosophy
- Learning Aptitude
- Knowledge

Physical Wellness

- Physical Health
- Physical Fitness
- Physical Appearance

Spiritual Wellness

- Life Purpose
- Innate Gifts/Talents
- Spirituality

Social Wellness

- Relationships
- Community
- Environmental

Lifestyle Wellness

- Financial
- Leisure
- Home



BALANCE

Day 19



CALENDAR VIEW

miami.edu/fsap

Source: *What is Wellness?*

LEAP INTO WELL-BEING

February 2023

WELLNESS

Day 20



Releasing Emotions

The mental dimension of wellness includes developing a healthy personal philosophy, maintaining a learning aptitude and establishing a base of useful knowledge.

- Philosophy
- Learning Aptitude
- Knowledge

The greatest strides towards mental wellness can come from learning and maintaining the basic fundamentals of nutrition, positive and healthy thinking good habits and a healthy personal philosophy. Healthy and unhealthy habits and our personal philosophies are learned and drastically affect the course and quality of our lives.

Exercise:

Since being overly identified with an emotion or avoiding it at all costs constricts your capacity to healthfully process your emotions, practice releasing your mind's need to take control for 90 seconds and learn how to let your body do what's needed to feel the emotion and then let it go.

1. Notice your current emotional state and set a timer for 90 seconds.
2. Label your current and predominant emotion.
3. Close your eyes and observe how the emotion is showing up as a sensation in your body.
4. Breathe in and out of those sensations to create space between you and the emotion (remember the emotion is not you).
5. Each time you notice your mind wandering to a story about the emotion, return awareness to your breath and body.
6. Without force or expectation, allow the emotion to shift and move at will.
7. When the 90 seconds are up, spend a few moments in silent reflection.

Source: *What is Wellness? And Healing burnout: A journal to find peace and purpose* by Charlene Rymsha

CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023



Webinar: Promote Your Wellness

Join us for this 30-minute webinar to learn how to promote your own wellness. This webinar will be facilitated by a UM FSAP consultant. FSAP Health and Wellness seminars are offered as part of the University of Miami's Well 'Canes Program. Attend to receive 50 Well 'Canes points (to a maximum total of 200 points for FSAP 30-minute webinar attendance per calendar year).

[Click here to register.](#)

CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

Drink Water

The physical dimension of wellness includes our overall physical health, physical fitness and appearance. Starting with physical health, a wellness approach would not be to simply avoid sickness and disease, but to know that our health is always fleeting and our body's always under attack.

- Physical Health
- Physical Fitness
- Physical Appearance

The wellness approach would be to take preventative measures to optimize the performance of our immune systems, minimize exposure to toxins, identify allergies, eat mostly natural and organic foods, drink plenty of clean water, maintain a healthy percentage of body fat and lean muscle mass, while developing and maintaining strength and flexibility.

While you may think you are healthy, it is entirely possible to get so used to feeling how you are feeling that you don't realize how much better you could feel and your body perform.

Our bodies are comprised of around 60% of water and our blood is actually made up of 90% water. Needless to say, blood carries oxygen to different parts of our body so water is extremely important to our physical health and well-being. But did you know that drinking water could also be good for your mental health?

Here are the emotional benefits of drinking water:

- Decreased risk of depression and anxiety in adults
- Hydration reduces panic attacks
- Control your mood swings
- Improve concentration
- Makes you happier

Source: [5 Emotional and Mental Benefits of Drinking Water \(healthfitnessrevolution.com\)](https://www.healthfitnessrevolution.com/5-emotional-and-mental-benefits-of-drinking-water/)

WELLNESS

Day 22



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

WELLNESS

Day 23

Self-awareness Exercises

Getting in touch with our spirituality can imply a greater sense of awareness, more presence, feelings of connectedness and taking time to do things soothing to the soul. Our spirituality can also be expressed in a connectedness with a universal higher power that we cannot entirely explain may still feel very much part of.

Self-awareness is the experience of ourselves as unique individuals. Every single human being on the planet has a different set of experiences, thoughts, and memories that shape who they are, what decisions they make, and how they feel. When you build self-awareness, you can identify what makes you the person you are. Self-awareness is harder to grasp than it seems. The world is constantly telling us who to be or what to do. These self-awareness exercises will help you determine who you are, outside of what the world says or believes.

12 Self Awareness Exercises

- Mindfulness Meditation
- Mind Mapping
- Journaling
- Personality Tests
- Talking to Friends or Family
- Getting Out of Your Comfort Zone
- Listening To How You Talk to Yourself
- Create a Personal Mission Statement
- Write a Letter to Your Young Self
- Do the Funeral Test
- Make a Bucket List
- Reflect...While at the Gym

Follow the link to obtain explanation for each exercise: [Self Awareness Exercises \(12 Walkthroughs\) - Practical Psychology \(practicalpie.com\)](#)

CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

Social Connections

The quality of our relationships with friends, family, neighbors and coworkers can have a dramatic effect on our wellness. All of us are faced with daily decisions as to which relationships to foster, invest and grow and which ones to minimize, avoid or end. Since we cannot control others, we can only make investments in the best relationships and be strong to avoid the needy destructive ones that detract from our wellness.

Good-quality social connections can do a lot for our overall mental and even physical health. According to Psychology Today, having these connections allows our minds and bodies to feel more secure and can help to create a positive feedback loop of both mental and physical well-being.

Here are a few examples of the benefits that social connections can bring with them:

- Feeling a sense of belonging
- Satisfaction with life
- Feeling supported by others
- Finding a purpose
- Higher self-esteem
- More trusting of others
- Living a longer life
- Experience more empathy towards others
- Decreased risk of suicide
- Decreased risk of depression and anxiety



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023



Doing Absolutely Nothing

Our leisure time is another aspect of our wellness that we can control or at least choose wisely so that at any given time we can look back and easily recall a good balance of enjoyment, relaxation time and play. And finally there's the home environment. Our home, the surrounding area we live in, our shopping habits, and many other aspects can make up a great lifestyle without detracting from our personal or family wellness and in fact tends to lead to a generally happy and healthy life.

Some people simply can't comprehend the psychological benefit that comes from doing absolutely nothing. When you do nothing, you produce a state of relaxation.

Here are some tips on how to spend more time doing nothing:

- Spend a whole day reading your favorite novel, lose yourself in the author's world.
- Spend some time at the farmer's market or flea market. Browse only, don't buy.
- Get up on the weekend and head out without a particular agenda or destination. If something along the road to nowhere catches your eye, stop.
- Spend a day watching movies by yourself or with your family.
- Take a nap.
- Sit outside and contemplate the sky and clouds.
- Lay down on the couch and listen to music.
- Spend a day just being with yourself.

CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

PATIENCE

Day 26



Watch the Clouds

This is a fun and helpful technique you can use when you notice you are becoming tense and impatient. Cloud watching is an activity you probably participated in when you were a child as a simple pastime. It is easy to do, and you can do this on your own or with a loved one. Cloud watching is about engaging your imagination and challenging your perspective. The slow movements of the clouds in the sky serve to calm your mind and bring about peace and patience.

1. Find a comfortable spot outdoors. The best way to engage in this practice is to lie back on a soft, comfortable place, whether it is your backyard, a nearby park or beach, works best. Place your hands underneath your head for support and look up at the sky.
2. Look at the cloud formations above you. Focus on a particular cloud. What does it look like? Do you begin to see a profile, an animal, etc.? In other words, does it have a discernible shape? Oftentimes you might find an exaggerated form of a particular animal. If you are not able to see any object, do not despair. Try focusing on the vibrant blue sky and imagine what might be behind it, how it might feel to touch the sky? How would it feel to walk on a cloud or to walk through it? In other words, let your imagination guide you. Take your time.
3. If you are engaging in this activity with another person, take time to point out what you see to them and have them do the same for you. Let it be easy and fun. When you are ready to get back to your day, notice how you feel. Do you feel calm and more patient? Do you feel more creative and curious?

[Click the play button to watch this video, Cloud watching with relaxing music:](#)



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

PATIENCE

Day 27



Look for Opportunities to Serve Others

"Patience is the calm acceptance that things can happen in a different order than the one you have in mind." - David G. Allen

Begin your week of patience by watching and reflecting on this Jack Kornfield (4:34 minute) video on patience and trust:



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

PATIENCE

Day 28

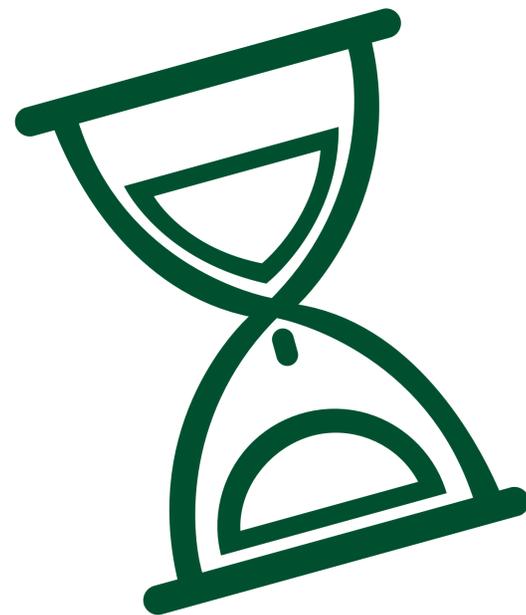


Webinar: Cultivate Patience

Join us for this 30-minute webinar to learn to cultivate patience in your life. This webinar will be facilitated by a UM FSAP consultant. FSAP Health and Wellness seminars are offered as part of the University of Miami's Well 'Canes Program. Attend to receive 50 Well 'Canes points (to a maximum total of 200 points for FSAP 30-minute webinar attendance per calendar year).

[Register for this Webinar](#)

"If we want to live wider and deeper lives, not just faster ones, we have to practice patience—patience with ourselves, with other people, and the with the big and small circumstances of life itself." - M.J. Ryan



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2023

HAPPINESS



BALANCE



WELLNESS



PATIENCE



THANK YOU

FOR PARTICIPATING!

If you'd like to share feedback, have a question, or want to submit additional ideas, please contact the Faculty and Staff Assistance Program (FSAP) at (305) 284-6604 or visit miami.edu/fsap.

CALENDAR VIEW

miami.edu/fsap