



# Wellness Wednesdays



Wishing everyone a Happy Wellness Wednesday and Happy St. Patrick's Day! We are a little more than halfway through Mindfulness March and wanted to do a quick check in to see how you are doing? Have you had the opportunity to engage in any mindfulness activities? If so, how was it? If not, why not? Remember Mindfulness is the ability to maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. Mindfulness means we are aware and accepting of our thoughts and feeling without judging them. There are many positive effects of mindfulness on our overall wellbeing. So, if you haven't had the opportunity to practice mindfulness here are 5 simple ways to incorporate it into your daily life:

## 5 Ways to Practice Mindfulness Right Now:

- ♦ Stop What You're Doing and Take a Breath.
- ♦ Take a moment to notice the sensation of your breath.
- ♦ Put Down Your Phone.
- ♦ Do One Thing at a Time.
- ♦ Find Mindful Moments in Everyday Tasks.

## SPECIAL THANKS

to the ESSENTIAL SUPERHEROES group, and local restaurants (Blondie's Diner, Olympic Restaurant, Tacos La Rosa and PAPA'S) for the donation of gift cards for our Windham Schools Staff.

We thought it would be a fun idea to share the gift cards with staff, as prizes for various Wellness Wednesday activities. (more details below)

## Mindfulness

E K G G C Z J Y E N Y A N F P P G I J S U N I N  
D L E D X X Y D G T W Y Q S O F K Q M E H O M U  
L Y V P K E U N E A P P N B C T Q U I L O I A X  
L D O L X T I F R Z E I J R L A U P N F P T G C  
A A T X I H A E T S R N N D A A F W D L E A E N  
K T Z T T S N G Q W S R E O R E E C F O F X R W  
Y J A A E E M L A C P T X J I C S L U V U A Y F  
G R E V S C M X L R E X W L T T A R L E L L W L  
G R F S N K N U W R C U E B Y T A K F J N E I E  
B H C E O O F A M Q T R G S N R H V N T E R H X  
K S U H N Y I I T S I G Q E E V H E R Y S F Q I  
E Q F L O L N T J P V L M S P K T F G E S E D B  
H H T J I A S T A L E G T M Z S W R E P S M G I  
T W J H T H L T D I D C S M I S E P A W X B I L  
N D S I A T X T H U C P C L X N I T U B Z R O I  
E Q O A R N D M J G R E I A E K I S K O U A E T  
C N I N I E K N B E U X R F E E L I N G O T X Y  
I G J U P T O F S N O O S P N U U T I D A R H Y  
T X O C S N H E U T P A H C P J J L B J A H Q C  
C F J E N P N G G L H O E T A A Q U I E T F R A  
A T D N I T S B I A T T E N T I V E H I P Q Z V  
R H L Z F W F E G S T P E R S E R V E R A N C E  
P V J I Y F O C U S N S E R E N I T Y H B O O U  
N O I T A Z I L A U S I V S N O I T A T I D E M

acceptance	appreciation	attentive	awareness
breathing	calm	clarity	determination
energy	feeling	flexibility	focus
gratitude	hear	hopefulness	imagery
insight	inspiration	joyful	listen
meditation	mindful	nonjudgmental	observation
patience	perseverance	perspective	practice
present	quiet	relaxation	relief
rest	safety	self love	serenity
thankful	thoughts	visualization	



For a chance to win one of the donated gift cards from one of the local restaurants, please send us an picture of you engaging in a Mindfulness activity. All entries submitted by 12:00pm on Tuesday, March 23 will be entered into a raffle drawing to win a gift card.

A winner will be announced next Wednesday.

Email entries to [WellnessWednesdays@windham.k12.ct.us](mailto:WellnessWednesdays@windham.k12.ct.us)