

Wednesday, April 8th, 2020

Dear Briarwood Families,

Today for our Wellness Wednesday, we want to encourage you to do something that promotes not just physical health, but emotional, social, financial, academic, spiritual, and environmental health as well. Based upon the emails we are receiving, many of you have gone from the hustle and bustle of traffic, after school sports and working 9-5 to zooming several times a day, trying to keep the house clean, cook meals, laundry that is constantly piling up and maintaining your relationships with spouses/significant others, family who you can't visit and more. You are just as busy as before. **STOP IT!** For just a few minutes focus on one of the areas that you have neglected in all of this craziness. If you haven't worked out in a while, then do so. Walking counts. If you seem to be shopping on-line more than necessary, clean out your closet and share with those less fortunate.. If you haven't done something for your spiritual well being, then do so. Email an old classmate and see how they are doing. Teach the kids how to balance your bank account or how to pay bills. Work on one of the other areas of your health that has been neglected so as to create balance within your whole being.

Below is a wellness wheel. Take a look at it and try to do something for each area of the wheel over the next few days. Remember wellness is the whole being, the whole body and you have to be intentional about keeping every part in sync and healthy.

We will get through this...together.

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