

Topic: Ethical Responsibility

Breathe

Aristotle said, "To be happy in life, we must be ethical." The right and noble path is not always clear. And sometimes, making ethical choices can keep us up at night. This moment of mindfulness is to help get a good night's sleep and awaken with clarity.

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Learn

What are my values? What do I stand for? How we make daily ethical decisions forms our character. Although we might not realize it, we all face ethical issues on a regular basis. But how do we know how to respond well to these issues, to make better (as opposed to worse) ethical decisions? In this TEDx talk Dr. Michael D. Burroughs discusses the numerous kinds of ethical issues we face, possibilities for increasing our ethical awareness as "everyday ethicists."

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Move

Have you tried a Barre workout yet? Barre fitness is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. This 30-minute session will help you build strong, long lean muscles while strengthening your foundation with balance, stability, and breath work.

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Grow

Family Discussion- Ethics

You are spending the afternoon with a friend of yours who isn't very popular. You run into a group of your friends who invite you to go to a movie but they say that your unpopular friend can't come. What do you do?

Is it ever OK to lie? If so, under what circumstances?

Is it considered stealing to take extra napkins from a fast-food restaurant?

If someone tells an offensive joke, is it your responsibility to speak up about it?

Is it OK peek at your someone else's e-mail? What about their text messages?