

The Wash Post.

Volume 11: November to December 2019.

This month's theme is "Gratitude is everything!"

Upcoming Events:

Saturday, November 2nd from 4:30-5:15 PM - Taste of Asia in UC Chandler Ballroom.

Tuesday, November 5th All Day - Election Day!

Tuesday, November 5th from 5:00-5:45 PM - Free Mindfulness Session in UC Capital Room.

Wednesday, November 6th from 3:00-4:00 PM - Financial Independence in Woodard Room 149.

Wednesday, November 6th from 7:00-8:30 PM - Jewish Cultural Celebration Keynote Speaker: Rabbi Michael Knopf in UC Chandler Ballroom A/B.

Thursday, November 7th from 11:00 AM - Pop-Up Career Coaching on Ball Circle, at the HCC and UC.

Friday, November 8th from 5:00-6:00 PM - Shabbat Dinner in UC Chandler Ballroom C.

Monday, November 11th from 12:00-12:45 PM - Let's Get Happy: The Power of Positive Psychology in UC Colonnade Room.

Wednesday, November 13th from 11:00 AM-1:00 PM - Rev Your Bev on the second floor of the UC.

Wednesday, November 20th from 4:30-5:30 PM - Gratitude Box at Thanksgiving Dinner on 2nd floor of the UC.

How can gratitude improve your wellbeing? Gratitude builds emotional resilience by helping us see the positive things in life, maintain good health, and sustain relationships and appreciate people who are there for us.

Gratitude improves stress regulation, goal attainment, quality of sleep, and our immediate stress responses.

Gratitude decreases feelings of pain, symptoms of anxiety, and symptoms of depression.

Being present with your surroundings increases happiness!

Tip number one for being present: Put your phone away during meals. Fully enjoy your eating experience!

Tip number two for being present: Share the highs and lows of your day with a friend. Embrace the social connection!

Tip number three for being present: take a picture of something you're grateful for. Savor the moment!

Share with UMW wellness on Instagram by using the hashtag Savor The Moment. You could win a free gratitude journal!

Happiness is contagious! Happiness is not based on the circumstances you're in, but on the decisions you make!

The Wash Post is created and posted by the President's Council on Wellness, students, and staff from UMW student affairs.