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YCMS Students:
Wellness Wednesday Newsletter

Goal:

The goal of this newsletter is to share activity ideas to do from home to support overall student wellness! Check-in with your teachers or other trusted adults if you need additional support or activities to complete while at home. **Stay home! Stay safe! Wash your hands!**

Behavioral Activation: Movement Supports Wellness!
During times of stress we can get stuck in a cycle of inactivity. While lounging feels good in the short term, it often doesn't help with long-term wellness. While caught in a cycle of inactivity it can feel almost impossible to get moving; the best way to support yourself during these times is to ***begin with short physical activities***. These changes can be quick like taking a walk or trying on clothes to put together new outfits, or longer like using YouTube to do a workout or yoga routine from home. Try a variety and find what works for you & keep ***practicing social distancing*** (stay at least 6 feet away from other people)!

INTENSITY	BODY EFFECTS	EXAMPLE
Low	Normal breathing, Slightly faster heart rate	Walking around Slow cycling
Moderate	Heavier breathing – can talk but not sing Increased heart rate Start to sweat a little	Brisk walk Tennis doubles Washing windows Mowing the lawn
High	Gasping for breath Heavy sweating	Jogging Cycling up a hill Soccer

Activities: The following are additional wellness activity ideas that you can try doing at home today!

1) Mindful Music

Many of us listen to music as an activity to enjoy or de-stress. Today, try to pay attention to music in a different way. This will help you to be mindful while at home.

- Sitting comfortably, let yourself really listen to a song as it plays. No need to talk, write, or move around—just listen.
- Once the song is over, write about what you noticed using the questions below:
- **My Song Title** (if you could re-name the song you listened to):
- **Thoughts I noticed:**
- **Feelings I noticed:**
- **Body sensations I noticed:**

2) Simple Activities To Do @ Home

Journal: Take some time before bed to write down your thoughts, feelings, and experiences. It's a great way to unwind and sort through various issues that may be affecting you.
Color: Coloring is a way to de-stress and focus on a specific activity to give your brain time to relax. You can print free mindfulness coloring pages online, such as from this site.
Call/Message a Friend: Making sure to stay in touch with people close to you can be a stress relieving activity especially during times of social distancing.
Practice Guided Meditation: There are videos on YouTube you can use to practice meditation. Do some exploring and find what works for you and brings you a sense of calm and peace. You can start with this short 3-minute body scan video.