

Jan 25, 2018

Wellness Wednesday Tip : Begin Again and Again!

Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.

James Sherman, Rejection

Welcome to another term and a new year! Here are three tips for a good start (or to encourage you to keep going in case you've already started!):

1. **Simplify.** Webster's [definition](#) of simplify says, "to reduce to basic essentials... diminish complexity." Author/blogger, Leo Babauta, offers another definition to consider for everyday life: "It [simplify] means getting rid of the clutter so you are left with only that which gives you value." Babauta's post, [Simple Living Manifesto: 72 Ideas to Simplify Your Life](#), elaborates on suggestions which may benefit busy grad students in particular. Some of my favorites from the list: learn to say no, limit media consumption, be present, learn to do nothing! If you get a moment, take a long glance at the post and see what inspires you to declutter physically, mentally, and emotionally. When you find yourself overwhelmed this term, just take one moment to simplify.
2. **Show your body some love!** Over the years, I've learned that while public health students value the public's health, they are prone to forget to nourish their own bodies through exercise and nutrition. Here are two accessible resources: [Exercise Ideas: Workout Workbook: 9 complete workouts to help you get fit and healthy](#) and a PDF copy of [The Good and Cheap Cookbook](#) by [Leanne Brown](#) (note: thank you to the JHSPHer who suggested the cookbook!!).
3. **Make A Plan to Manage Distractions and Resume Work!** Focus is a necessary component in the academic journey and distractions are inevitable. One [researcher suggests](#) those who make a "ready-to-resume" plan may be able to bounce back from distractions and return to their work more efficiently. The plan doesn't have to be a lengthy list. The article notes, "Even a minute's work will do, to note where you left off, and where to resume, what challenges are left, and/or what actions (you) must postpone but resume later." Give it a try.

Upcoming Student Life Events:

Jan 31: Imposter Phenomenon Pt 2: Confidence and Failure, 12:15 pm-1:30 pm, Room W3030.

Afraid of failure? This session will provide practical skills around having the confidence to fail which is an essential part of managing the [Imposter Phenomenon](#). Presenter: Kevin Casin, Student Life Program Assistant,

In an effort to eliminate food waste, lunch (which includes vegan options), will be guaranteed for the first 25 attendees. [RSVP](#) today.

FREE/INEXPENSIVE Local Things to Do/ Upcoming Events/

1. This weekend, [make some art](#) at the Walter's Art Museum.
2. For other local cultural events, check out [Baltimore Culture Fly](#) as well as the [Baltimore Sun](#).