Wellness Wednesday Tip Jan 23, 2019
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 some 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.”

4. **Build in time to pause.** Most of us are aware of how detrimental it is to sit in front of our screens for hours on end. The Time Out app (also suggested by a student) is another mechanism that provides prompts and reminders to pause. Give it a try.

**Upcoming Wellbeing Events**

1. **Office Student Life Lunch Sessions:**

   **January 24:** Roadmap to Success: Time Management Lunch Seminar (W4030).
   RSVP using this link.
January 31: Doctoral Student Wellbeing Event: Welcome to the First Year. Five students in their second year and beyond share their challenges and success stories. (W3008) RSVP using this link. Both events are 12:15 pm-1:30 pm and include guaranteed lunch for 25 attendees.

2. **Jan 30: Lunch Event Sponsored by UHS Wellness:** Resiliency and Integrity: Navigating Challenges with a Growth Mindset, speaker, Sel Hwahng, PhD, Room W2008, 12 pm-1:20 pm
   This workshop focuses on ways to develop a growth mindset and skills in resiliency including how to adapt and grow through adversity, navigate difficult challenges, and address automatic negative thoughts and imposter fears. Lunch is included for the first 25 attendees.

3. **New Sessions with Student Life & Source:** February 12: Journaling for Resilience and Reflection (W3031): 12:15pm -1:30 pm RSVP here.
   Student Life & SOURCE are partnering to provide two-part opportunities coupling self-development with continued citizenship development. Our goals include providing safe spaces for students to reflect on larger issues in society, their JHU experiences, and professional development while fostering ideas and approaches to social justice issues. Each month focuses on a different theme and offers two engagement sessions: one journal and reflection session and one action-oriented session. For February, we will be reflecting on social justice issues as they pertain to the LGBTQ community. Student Life sponsors the facilitated journal and reflection session as an opportunity to process lived experiences while encouraging self-care, inward reflection, and resilience. Notebooks/journals provided. The second part of the session (action oriented) will be held on February 19 (Room TBA) and facilitated by SOURCE. Details forthcoming. Students are welcome to attend one or both events.

**With Warm Wishes for a Successful Term,**

*Jessica & Shekeitha & Kevin*

Jessica Harrington, MPA
Assistant Director, Student Life Services

Shekeitha Jeffries, MPA
Assistant Director, Student Life Services

Kevin Casin, PhD Candidate, EHE
Student Life Program Assistant

Johns Hopkins Bloomberg School of Public Health
615 N Wolfe St, Suite W1600
Baltimore, MD 21205