Student Wellness Wednesday Tip: Feb 6, 2019
Tune Into Your Heart

Here’s a thought to help us embrace American Heart Month: “Know your heart, ease your mind.” This eloquently stated reminder is from a Science of Us article on tuning in to listen to our hearts. In it, researcher Sarah Garfinkel (see her TEDx talk here) briefly shares how those under stress may benefit from paying attention to the actual rhythms of their hearts (defined as “interoception”- the felt sense of our organs’ activities) to reduce anxiety and make better decisions. Another suggestion for reducing anxiety may be to say what’s on your heart by journaling emotions as they pertain to a stressful situation.

James Pennebaker, who has studied the connection between writing and emotional processing for the past 40 years, has consistently found that “... people who wrote about emotionally charged episodes experienced marked improvement in their physical and mental well-being. They were happier, less depressed, and less anxious.” In addition to experiencing some relief, this technique helped some participants move from an emotional funk into progressive action. Pennebaker encourages 20 minutes daily of unfettered and unpunctuated writing to express what one may be feeling (it’s at least worth a try!). Knowing the benefits of journaling, Student Life is offering monthly opportunities for students to journal and reflect. Details for this month’s session are below.

Take a few moments today to check in with your heart, and don’t hesitate to reach out for support when needed!

Quote of the Week:
*The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.*
- Helen Keller

Student Life Events

1. **February 12:** Journaling for Resilience and Reflection (Room 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 W2015, and facilitated by SOURCE. Details forthcoming. Students are welcome to attend one or both events.

2. **Feb 18:** 12:15 pm -1:30 pm, Student Life Wellbeing Lunch Session, W4030, *Emotional Intelligence: A Strategy for Wellness and Leadership*, Speaker: Kevin Casin, Lunch is guaranteed for first 25 attendees. Join us for an introduction to emotional intelligence: the ability to identify and manage one’s emotions as well as the emotions of others. Learn more about how emotional intelligence contributes to becoming an effective leader and a sense of overall wellbeing.

**Campus Events**

1. Cultural and Awareness Events: February is a significant month for multiple cultural celebrations and health awareness campaigns. For more information on campus wide events, take a look at the Office of Diversity and Inclusion’s most recent newsletter and see attached flyers.

2. Out of Darkness Walk Volunteers Needed: The Johns Hopkins Student Assistance Program (JHSAP) is currently recruiting students, postdocs, house staff, faculty and staff to volunteer in planning the 7th annual Out of the Darkness Campus Walk and ceremony. Please join us at the first volunteer planning meeting!
   **When:** Monday, February 11th from noon-1:30pm
   **Where:** School of Nursing, 1st floor Carpenter Room 525 N Wolfe Street Baltimore, MD 21205
   **RSVP:** Affirmative RSVP [here](http://jhsap.org/events) as food will be provided and we need an accurate headcount!
   For more information about the Out of the Darkness Campus Walk, please visit: [http://jhsap.org/events](http://jhsap.org/events)

*With Warm Wishes for Wellness and a Healthy Heart, Jessica & Shekeitha, and Kevin*

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