



Upcoming Wellness Events



Staying Well at the U of L - Jennifer Mather

Jennifer Mather, a member of the psychology



Stay on Track with your New Year's Resolutions

- Write it down
- Take baby steps
- Find a role model
- Exercise willpower
- Sleep on it
- Limit stress
- Eat healthy
- Avoid procrastination
- Reward progress
- Visualize success

Take your Break!

Are you feeling stressed today?



Upcoming Events

3/5

Mini massage
12 PM - 2:00 PM
L1112 Email
wellness@uleth.ca to register

3/7, 3/14, 3/21, 3/28

Health Check for U screening sessions
8:00 AM - 10:00 AM
Fridays [Register](#)

3/19

AH100 Noon - 1:00 PM Wellness Lunch and Learn with Jochen Bocksnick, Lessons Learned

faculty, stays well at the U of L by bird-watching. Bird-watching is the act of searching for species of birds while in different areas around the world and is one of the most popular outdoor sports in the US.

Jennifer always had a passion for watching animals interact with the world around them. She started by attending a bird watching course and going out and observing birds. She used the chickadee, a very small and agile bird to help train her eyes; ever since she has been bird-watching all over the world. She reported seeing birds in Plum Island (outside Boston) and Point Pelee (in Ontario).

Jennifer says that bird-watching keeps her in tune with the environment and the seasons. Bird-watching can be one of the best forms of exercise because there is no hurry. "Bird-watching creates the 'thrill of the chase' without hurting anything or anyone" said Jennifer. She reports it is also good for mental health, because it gives her a break from work and life stressors. If you are interested in starting to bird-watch, Jennifer suggests setting up a bird feeder in your back yard. She also suggested downloading a field guide online and reading it thoroughly. The Coulee Centre also offers a bird-watching course in the spring. Thank you **Jennifer** for sharing how YOU stay well at the U of L!

How do YOU Stay Well at the U of L? Do you have an interest you enjoy outside of work, something that helps stretch and maintain your physical and/or mental well-being? If so, we'd love to display it in our rotating '**Staying Well at the U of L**' feature on our website.

-More info - call Suzanne at 5217 or email wellness@uleth.ca

Moving away from your desk can help ease painful tension in the body. Focusing on your other senses can be a great way to refocus. Try to take a break today with this relaxing and stress reducing activity.

Move away from your desk with feet planted firmly on the ground and close your eyes. Tune in exclusively to the feeling of how your feet touch the ground, noting two or three other things you can feel. Switch your focus to the most obvious sound in the room. Note other things you can hear. Now open your eyes and appreciate how quickly and easily you were able to calm your mind and relax your body.

from former U of L employees, 'Physical' Investments Pay Off [Register](#)

3/26

Mini massage

12 PM - 2:00 PM

AH100 Email

wellness@uleth.ca to register

National Sleep Awareness Week

Do you feel fatigued during the day when performing monotonous activities? Do you find it difficult to concentrate? This could mean you aren't getting enough good quality sleep at night. For a typical adult to function, we need 7-8 hours of sleep every night. Here are a few tips to help you get the most out of your sleep:

- Avoid caffeine and nicotine close to bedtime
 - Exercise regularly, but complete your workout at least three hours before bedtime
 - Establish a regular, relaxing, but not alerting, bedtime routine
 - Create a sleep-conductive environment that is dark, quiet, and preferably cool and comfortable
- For more tips and facts about sleep visit www.sleepfoundation.org
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