

Setting Goals in the New Year

Prof Wiseman's top 7 tips to achieving your New Year's resolution:

1. *Make only one resolution.* Your chances of success are greater when you channel energy into changing just one aspect of your behavior.
2. *Don't wait until New Year's Eve to think about your resolution* and instead take some time out a few days before and reflect upon what you really want to achieve.
3. *Avoid previous resolutions.* Deciding to revisit a past resolution sets you up for frustration and disappointment.
4. *Don't run with the crowd and go with the usual resolutions.* Instead think about what you really want out of life.
5. *Break your goal into a series of steps,* focusing on creating sub-goals that are concrete, measurable and time-based.
6. *Make your plans and progress concrete* by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures.
7. *Expect to revert to your old habits from time to time.* Treat any failure as a temporary setback rather than a reason to give up altogether.

Source: <http://www.nhs.uk/Livewell/HealthyChristmas/Pages/NewYearresolutions.aspx>



"It isn't the mountains ahead to climb that wear you out, it's the pebble in your shoe."

- Muhammad Ali

Balancing Your Wellness Wheel:

The way to achieve wellness is by making proactive, healthy choices in your emotional, academic, physical, financial, professional, social, environmental and spiritual lives. All of these work together to help you achieve success as a student.

Emotional Wellness is engaging in your feelings, managing stress, and handling transitions in your life.

Intellectual (Academic) Wellness is stimulating your mind and mental capacity.

Physical Wellness is exercising and eating nutritionally to maintain health.

Financial Wellness is the ability to manage money and live within your financial means.

Occupational Wellness is contributing and using skills/abilities through work and volunteering.

Social Wellness is connecting and interacting with family, friends, community.

Environmental Wellness is preserving the environment for the health of yourself and your community.

Spiritual Wellness is developing a sense of purpose and meaning to life.

What is Mindfulness?

Have you ever noticed that when you are doing quite familiar and repetitive tasks, like driving your car, or vacuuming, that your mind is often miles away thinking about something else? You may be fantasizing about going on a vacation, worrying about some upcoming event, or thinking about any number of other things. In either case you are not focusing on your current experience, and you are not really in touch with the 'here and now.' This way of operating is often referred to as *automatic pilot* mode. *Mindfulness* is the opposite of automatic pilot mode. It is about experiencing the world that is firmly in the 'here and now.' This mode is referred to as the *being* mode. It offers a way of freeing oneself from automatic and unhelpful ways of thinking and responding.

Benefits: improve concentration, gain a sense of control, reduce stress/depression/and anxiety, heighten self-esteem and feeling of self-worth, and many more.

Core features: observing, describing, participating fully, being non-judgmental, and focusing on one thing at a time.

How to become mindful: Practice is the key ingredient to leading a mindful life. Just like playing sports or learning a language, mindfulness requires dedication and repetition, with a healthy dose of patience. If you're interested in adopting a mindful lifestyle or just trying out to incorporate a small amount of mindfulness into your every day activities, visit The Wellness Center to attend a workshop or to receive guidance from a counselor.

Source: www.cci.health.wa.gov.au

TEN STEPS TO MINDFULNESS MEDITATION



Create time & space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction



Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.



Find a comfortable sitting position.

Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



Check your posture.

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space



Direct attention to your breath.

Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



Repeat steps 6-7.

For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



Be kind to yourself.

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



Prepare for a soft landing.

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

Wellness Interns' Top Picks

MOVIE:

The Theory of Everything

Olya: *Get your inspiration here!*



BOOK:

The 10 Best Anxiety Busters

Olya: *Learn how to relax :)*

THE 10 BEST ANXIETY BUSTERS

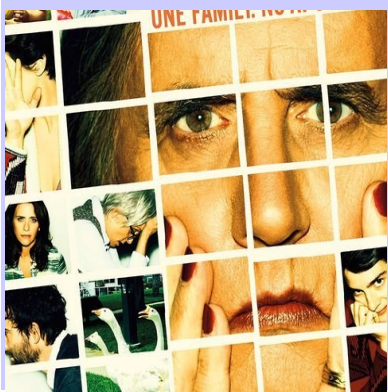
SIMPLE STRATEGIES TO TAKE CONTROL OF YOUR WORRY

DR. MARGARET WEHRENBURG

TV SHOW:

Transparent (on Amazon)

Jeremy: *Best current show on TV!*



Wellness Workout:



Recipe of the Week:

Zucchini With Quinoa Stuffing

INGREDIENTS:

- * 1/2 cup quinoa, rinsed
- * 4 medium zucchini
- * 1 15oz can cannellini beans, rinsed
- * 1 cup grape/cherry tomatoes, quartered
- * 1/2 cup (2oz) almonds, chopped
- * 2 cloves garlic, chopped
- * 3/4 cup (3oz) Parmesan, grated
- * 4 Tbsp olive oil



DIRECTIONS:

1. Heat oven to 400° F. In a large saucepan, combine the quinoa and 1 cup water and bring to a boil. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water is absorbed, 12 to 15 minutes.
2. Meanwhile, cut the zucchini in half lengthwise and scoop out the seeds. Arrange in a large baking dish, cut-side up.
3. Fluff the quinoa and fold in the beans, tomatoes, almonds, garlic, 1/2 cup of the Parmesan, and 3 tablespoons of the oil.
4. Spoon the mixture into the zucchini. Top with the remaining tablespoon of oil and 1/4 cup Parmesan. Cover with foil and bake until the zucchini is tender, 25 to 30 minutes. Remove the foil and bake until golden, 8 to 10 minutes.

Source: <http://www.realsimple.com/food-recipes/browse-all-recipes/zucchini-quinoa-stuffing>

WELLNESS CENTER EVENTS

Relax with Art! Group

Wednesdays

3 - 4:30 PM

Room C249

Facilitators: Olya & Eran

Ease your stress and improve mood by engaging in coloring, drawing, or painting!

LGBTQ Group

Wednesdays

1:30 - 2:30 PM

Room C249

Facilitators: Jeremy & Olya

Weekly support group for LAGCC's sexual and gender minorities.

Anxiety Screening

Tentative date: Wednesday May 4th

10 - 6 PM

E-building Atrium

Facilitator: Wellness Center

Offering FREE anxiety screenings and information about the Wellness Center and our services.

For more Wellness events, check your student email, My LaGuardia or visit the college events calendar at www.laguardia.edu/calendars.

Get your dose of Wellness today!

Resources

Advising

Click "Ask an Advisor" button on My LaGuardia
(718) 482-6070

Black Male Empowerment Cooperative (BMEC)

Room M103
(718) 482-4008

Center for Career & Professional Development (CCPD)

Room B114
(718) 482-5235
career@lagcc.cuny.edu

Health Services Center

Room MB-40
(718) 482-5280
health-center@lagcc.cuny.edu

Registration Help

Room B218
(718) 482-5935
onlinereg@lagcc.cuny.edu

Student Financial Services/ Single Stop Public Benefits

Room C107

Check Status

Financial Aid Resource Center

Room C109
(718) 482-5242
studentfinancialservices@lagcc.cuny.edu

Transfer Services

Room B215
(718) 482-5185
transfer@lagcc.cuny.edu

Women's Center

Room MB-10
(718) 482-5188

The Wellness Center

Room C249

(718) 482-5471

WellnessCenter@lagcc.cuny.edu
www.laguardia.edu/WellnessCenter

Monday thru Thursday from 9 AM - 7 PM
Friday from 9 AM - 5 PM

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