

THE DAILY WELLNESS

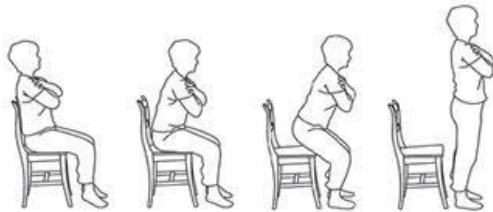
Monday, May 4, 2020

MOVEMENT MOMENT

Repeat this series of exercise a total of three times.

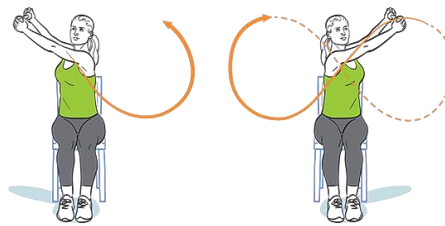
1. March in place or walk back and forth across your apartment for two minutes.

2. Perform 10 sit-to-stands.



Feet should be shoulder width apart.
Knees should be aligned above the ankles.
If needed, you may push off the arms
of a chair.

3. Perform 20 figure 8s



Sit tall in the chair to engage your core.
Bring your wrists together and raise both
arms up above your left shoulder. Keeping
arms together, lower to your right hip,
bring up to your right shoulder, and then
down to your left hip. Follow a figure 8
pattern. Continue to repeat. Switch direction
after 10 Figure 8s.

4. Perform 20 leg extensions (each leg).



Sit up tall and extend the leg from the
knee joint. Control the movement as
you extend and then flex.

5. Perform 20 seated shoulder rolls.



Bring your shoulders forward, up to your
ears, back, and then relax. Repeat as long
as it feels good.

MINDFULNESS MOMENT

It's time to look outside your window again! Find a comfortable place to sit near a window. Take 5 to 10 minutes to concentrate on the outdoors. What sounds do you hear? What do you see that catches your attention? What do you notice about yourself after the 10 minutes? Do you feel grateful? Do you feel calm? Write down three words that come to mind about this experience.

BRAIN GAME

Enhance your sensory environment at mealtime. Nice music, a beautiful tablecloth, and a favorite centerpiece can provide multisensory stimulation to link with the smells and flavors of your meal. By enriching the sensory and emotional environment around a meal, you're feeding your brain (yes, pun intended) by engaging all your senses. Take a picture of your beautiful dining experience and share it with family and friends. Take note of how differently the experience makes you feel.

QUESTION OF THE DAY

Record your response below or on another sheet of paper. Keep it for potential use with others in your community.

Is there a place in the world you wish you could have lived in? Not just a destination for a vacation or experience, but a location you wish you could have called home? Why? What drew you or draws you to that place?

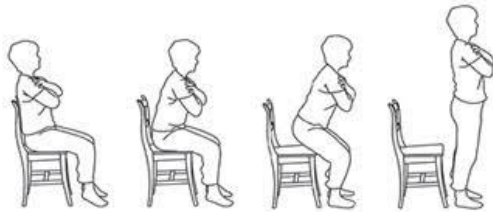
THE DAILY WELLNESS

Wednesday, May 6, 2020

MOVEMENT MOMENT

Repeat this series of exercise a total of three times. All may be done seated or standing.

1. March in place or walk back and forth across your apartment for two minutes.
2. Perform 10 sit-to-stands.
3. Perform 20 inner thigh squeezes.



Feet should be shoulder width apart.
Knees should be aligned above the ankles.
If needed, you may push off the arms of a chair.



Place a small pillow a rolled-up towel between your knees. Sit up and tall and squeeze your thighs together. Hold for a count of three. Release and repeat.

4. Perform 15 standing hamstring curls.



Stand behind a **VERY STURDY** chair or countertop. Keep your knees pressed tight together and raise your right heel toward your bottom. Knees must stay together to properly engage the hamstring. Don't bend at the waist; stay standing tall and upright.

5. Perform 30 seated toe raises.



Sit up tall to engage the core. Keep your feet flat on the floor and raise your toes, bending at the ankle. Then lower your feet back down.

MINDFULNESS MOMENT

Let's try a new type of breathing called 4-4-8 Breathing.

- Sit in a comfortable position. You can lie down, but you may be more likely to fall asleep. Close your eyes so you don't get distracted.
- Breathe in through your nose with your mouth closed for a count of four.
- Hold your breath for a count of four.
- Exhale through your nose or mouth for a count of eight.
- Repeat this practice for four minutes, then take a break. *Otherwise, you may feel dizzy from the moments of holding your breath.*

BRAIN GAME

Set a timer for 60 seconds. Open your refrigerator and review the contents. Yes, keep that fridge open for one whole minute. (We'll find a way to make up the energy somewhere else!) When the timer goes off, record on a piece of paper what you recall BUT list the items in color order! Yes, this is two challenges in one. Record the items you recall in order of ROYGBIV (red, orange, yellow, green, blue, indigo, purple). Good luck!

QUESTION OF THE DAY

Record your response below or on another sheet of paper. Keep it for potential use with others in your community.

During this time of staying at home, have you experienced any epiphanies or lessons you would like to share? Is there a lesson that you think would be good for younger generations to hear about from your recent experience?

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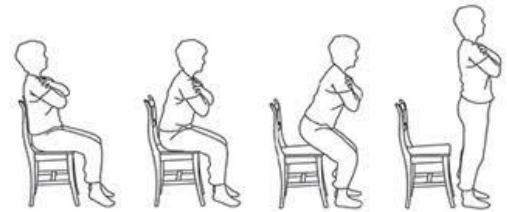
Friday, May 8, 2020

MOVEMENT MOMENT

Perform the circuit below four times. Take breaks as needed and drink water throughout.

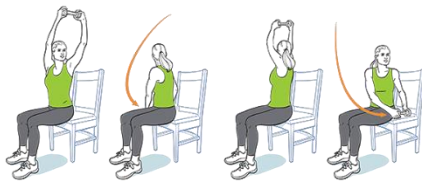
1. March in place for two minutes or walk back and forth across your apartment for two to four minutes.

2. Perform 20 sit to stands. Feet should be shoulder width apart. Knees should be aligned above the ankles. If needed, you may push off the arms of a chair.



3. Perform 20 seated jumping jacks. Start with knees bent and arms resting at your sides. Then extend your legs, straight and wide, with heels on the floor, and raise your arms in a V. Then bring your limbs back to the center.

4. Perform 25 seated chest flies. Form a goalpost with your arms: Keep your upper arms (shoulders to elbows) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together in front of your face. Return your arms to the starting point, squeezing your shoulder blades together, and repeat.



5. Perform 20 upper body chops (10 to each side). No dumbbell necessary. Raise both arms up to the right and then lower together across the body to your left hip, allow your body to twist at the torso to follow your arms across your body. Keep feet and knees facing forward, don't allow them to twist. Raise arms back up above your right shoulder. Repeat on the other side going from above your left shoulder down to your right hip.

CREATIVE ENGAGEMENT

This exercise offers a whole day of creativity. Place a piece of paper and markers or colored pencils in your kitchen or another location in your home that you frequent often. The first time you enter that location, begin drawing something based on what you're thinking about in that moment. Each time you enter the location, add to your picture with whatever you are thinking about. What type of picture do you have by day's end? Take a picture of it and share with family and friends.

MINDFULNESS MOMENT

Does the daily news have you feeling down? Sit in a comfortable chair and close your eyes. Take some deep, slow breaths. Then for 3 to 5 minutes, envision what your ideal news update would entail. What will we learn from your ideal news? What is occurring in the world? After the time is up, record your ideal news updates on a piece of paper. When news gets you frustrated, pull that update out and read it to yourself.

BRAIN GAME

Planning something to look forward to is a great way to engage the mind and create positive feelings. On a piece of paper, detail a vacation or day trip that you want to take in the future. Describe the details of the trip. Where will you go? When? Where will you stay? Where will you eat? What will you do? Share your itinerary with family and friends. Would they like to join you too?!

QUESTION OF THE DAY

Record your response below or on another sheet of paper. Keep it for potential use with others in your community.

Who is your favorite person in history? Why? What character traits do they possess that you admire?
