

THE DAILY WELLNESS

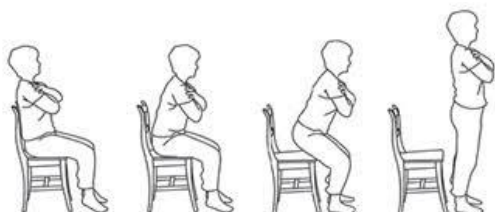
Monday, August 24, 2020

MOVEMENT MOMENT

Repeat this series of exercise a total of three times.

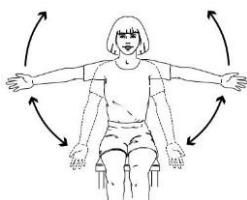
1. March in place or walk back and forth across your apartment for two minutes.

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.

4. Perform 20 arm waves.



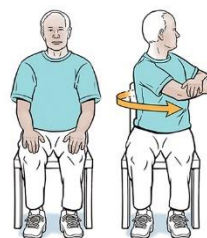
Begin with arms down by your sides
with palms facing outward. With arms
fully extended, move arms up above
your head and then lower back down.
Perform in a controlled manner.

3. Perform 20 inner thigh squeezes.



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.

5. Perform 12 seated rotations (6 each side).



Sit up tall and cross your arms in front of
your body. Slowly rotate your body to one
side. Return to center and then slowly rotate
to the other side. Repeat.

MINDFULNESS MOMENT

Today we're going to practice a Loving-Kindness Meditation. For one minute, repeat "May I be happy, may I be well, may I be filled with kindness and peace." You can substitute "you" for "I" and think of someone you know and like, or just send love out to all people. Who did you think about?

BRAIN GAME

It's been a while since we focused on enhancing the environment for mealtime. Select some nice music and add a beautiful tablecloth or favorite centerpiece to your table. Consider getting dressed up! Additions like these 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 are feeding not only your body, but also your brain! Take note if these additions impact how you feel during the meal.

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 the recent months of staying at home, is there something you have accomplished that you had been putting off or not finding enough time to complete? What was this task? How did you feel about finally completing it?

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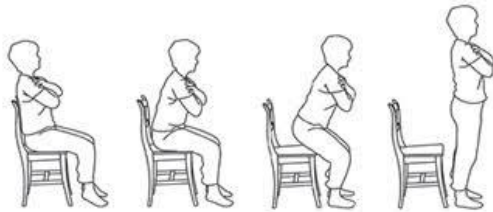
Wednesday, August 26, 2020

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 10 standing hamstring curls behind a chair.



Stand behind a **VERY STURDY** chair. 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.

4. Perform 20 seated 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 or standing calf raises.



OR



Press up onto the balls of the feet. Slowly return to a flat foot position.

MINDFULNESS MOMENT

Let's do a little something different for our gratitude practice this week. As you reflect about what you are grateful for, what feelings arise in you when you identify those items, people, or experiences? Write down the emotions or words you associate with when practicing gratitude.

BRAIN GAME

The Race for Recall! Take out a piece of paper and make two columns. Set a timer for two minutes. In the first column, write down as many brands of automobiles as you can. How many did you get? Reset the timer for two minutes and in the second column write down as many countries as you can. How many did you get? Now take your two lists and by drawing lines are you able to connect the automobile brands with their country of origin. Were you missing any countries to connect? Did one country have a lot of auto brands?

QUESTION OF THE DAY

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

Does the season of autumn give you a sense of renewal or the opportunity to refocus on something? If so, what? Why do you want to refocus on this item?

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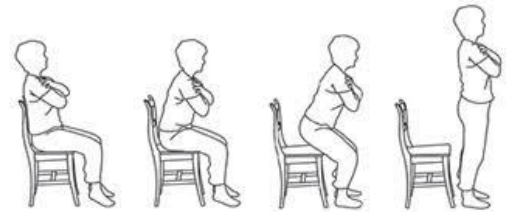
Friday, August 28, 2020

MOVEMENT MOMENT

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

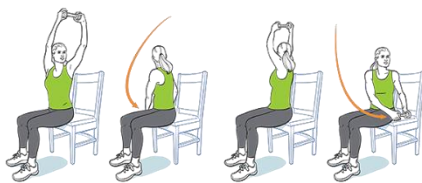
1. March in place for two minutes or walk back and forth across your apartment for two to four minutes.

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

A Color Boost. Being creative in various ways can boost focus, enhance mindfulness, and express a variety of emotions. What is your favorite color? After selecting a favorite color, start to pull photos or pictures in magazines that are the color you selected. Arrange on a table in front of you. Another way to approach this exercise is to use a smartphone or tablet and take your own pictures of items that are your favorite color.

MINDFULNESS MOMENT

Visualize a “Perfect” Day. Sit in a comfortable chair indoors or outdoors, depending on what you prefer. Close your eyes and take a slow, deep breath in through your nose and then slowly exhale through your nose. Think about what a perfect day could be from morning until evening. Where would your day start? What would you do? Who would you be with? How does this bring you joy? How does the day progress? What is the temperature and weather like? What kinds of foods or drinks do you consume? Envision the details of this day while continuing to slowly breath in and out through your nose.

BRAIN GAME

If you have a magazine or newspaper, select an article of interest. With a pen or marker, circle 12 to 15 words throughout the article, selecting the words at random. Then on a piece of paper, write out the list of words you circled. Now draft a short story of 4 to 5 sentences, using the words in your list. Each sentence must contain at least two words from your list. What is the focus of your story? Does it make sense? Does it make you laugh or smile?

QUESTION OF THE DAY

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

When you think about your favorite color, used in the Creative Engagement exercise above, what images or emotions come to you? What draws you to your favorite color? Is it connected to specific memories?