

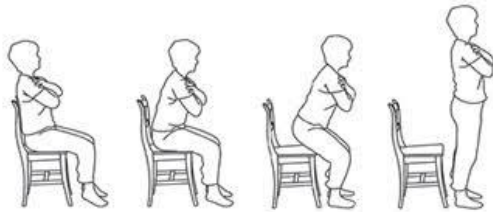
# THE DAILY WELLNESS

Monday, August 17, 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.
3. Perform 10 standing hamstring curls behind a chair.



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

It's time to embrace nature again for our mindfulness moment. Find a location outdoors, weather permitting, and sit in a comfortable chair or spot. We're going to combine nature and our nasal breathing practice for 5 to 10 minutes. Inhale through your nose while keeping your lips closed and count to 4. Slowly exhale through your nose while counting to 4. Continue to repeat this breath practice as long as you feel comfortable performing it. You may enjoy doing this mindfulness moment with a friend, spouse, partner, or family member. Please do so while adhering to physical distancing guidelines.

## **BRAIN GAME**

This activity will be a fun one! It's reminiscent and challenging. Set a timer for two minutes and, on a piece of paper, list out all the items that could be put into a "back to school" backpack. List items that you had yourself, as well as any items that kids today use for school. How many items did you list? Did anything seem silly or unnecessary in retrospect?

Now let's do a twist on the same exercise. Set a timer for two minutes and list all the items that could be put in the backpack that start with the letter P. How many did you get this time?

## **QUESTION OF THE DAY**

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

**What kinds of reactions or memories do you have for each of the following words?  
Frogs, butterflies, autumn leaves, letter writing, school buses**

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# THE DAILY WELLNESS

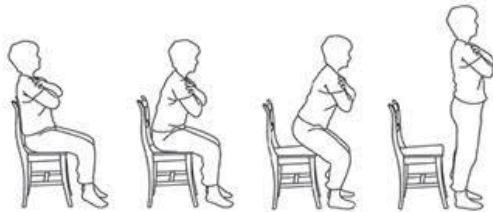
Wednesday, August 19, 2020

## 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.



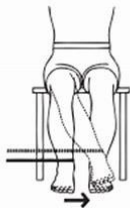
Feet should be shoulder width apart. Knees should be aligned above the ankles. If needed, you may push off the arms of a chair.

3. Perform 20 leg extensions (each leg).



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

4. Perform 30 seated hip abductions (each leg).



Sit up tall to engage the core. Lift your right foot up a couple inches and move in front of the left leg and, in controlled fashion, move your right leg out to the side a few inches and then bring back in front of your left leg. Repeat on the other leg.

5. Perform 30 inner thigh squeezes.



Place a small pillow or 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.

## MINDFULNESS MOMENT

Turn on some music that brings you peace or a sense of calm. Find a comfortable place to sit and close your eyes if you'd like. Get lost in the music. Pay attention to the notes, the instruments, the vocals. Take this time to enjoy the music and enjoy this time with yourself. Do this for a few minutes, or longer if you'd like.

## BRAIN GAME

Let's practice rhyming again to help with name recall of new acquaintances and friends. Rhymes are forms of verbalization that help us store and recall names better. For each first name listed below, list out all the words you can think of that rhyme with the name. The words can be related to the person you met or just a series of rhyming words to help you recall the name.

<b>Name</b>	<b>Rhyme</b>
Dan	ban, can, man, bran, tan, van
Jess	_____
Tim	_____
Frank	_____
Mary	_____
John	_____

## QUESTION OF THE DAY

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

**Have you ever been a gardener? What did you enjoy about it? Was your gardening more focused on flowers and plants, or fruits and vegetables?**

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# THE DAILY WELLNESS

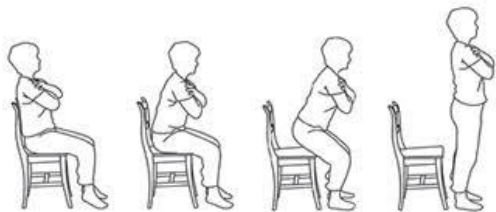
Friday, August 21, 2020

## MOVEMENT MOMENT

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

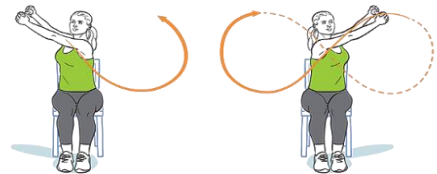
1. March in place for two minutes or walk back and forth across your apartment for two minutes.

2. 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.



3. Sit to stands. Perform 10... or 15 for an extra challenge! 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 figure 8s. Sit tall in a chair to engage your core. Bring your wrists together and raise both arms up above your left shoulder. Keeping the 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, and switch direction after 10.



5. Perform 20 wall push-ups. This may be done standing or seated, by pulling a chair close to the wall. Place feet behind your body so you can lean into the wall. Keep feet flat on the floor. Place hands just below shoulder height and wider than your body. Lean your body in toward the wall while elbows bend out to the side.

## **CREATIVE ENGAGEMENT**

On a piece of paper, sketch out the following three images to the best of your abilities: a flower, a tree, and a lake. Next to each of those images, write out a related memory or a list of positive words that come to mind when you think about the object.

## **MINDFULNESS MOMENT**

Gratitude check-in. Write down three things you are grateful for this week.

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## **BRAIN GAME**

Set the timer for two minutes and see how many words you can make from the letters in the first word below. Then try again with the other two words. Call or text your friends and neighbors and compare your answers.

**FRIENDSHIPS**

**CONNECTIONS**

**RELATIONSHIPS**

## **QUESTION OF THE DAY**

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

**Who is the last person you spoke with? What did you discuss? What were the details? (Got ya with a little recall work!)**