





## **SOMETHING TO WATCH**

A **Walking Meditation** is designed to bring body and mind in sync. [\*\*Meditation & Mindful Movement\*\*](#)

## **SOMETHING TO DO**

### [\*\*Wellness Wheel Activity\*\*](#)

This activity assesses the wellness dimensions in which you have strengths and the dimensions that will benefit from your attention. Once you have completed the activity, evaluate what factors have led to your areas of strength. Consider how you can capitalize on those strengths to improve in the wellness dimension(s) that you feel you are not performing as well in.

Change your outlook and enjoy less stress: [\*\*Finding Silver Linings\*\*](#)

Get happier by seeing the humor in life: [\*\*Three Funny Things\*\*](#)

Mental PPE in Long-Term Care: Arming Yourself with Psychological Strategies During the COVID-19 Pandemic:

[\*\*How to build a learning management system with life\*\*](#)

## **SOMETHING TO READ**

[\*\*Wellness Dimensions\*\*](#)

[\*\*Walking Meditation: The Ultimate Guide\*\*](#)

By referring you to specific web pages, WRHA Spiritual Health Services and IHCAM do not necessarily endorse the full content of the website.