

Try Be Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

- Spiritual Wellness and finding purpose
- Bright Lights 1-Mile Walk
- Yoga with the Grinch, 12 Days of Kindness, Paws 'N Relax, and more!

Spiritual Wellness

Spiritual Wellness is a personal matter involving values and beliefs that provide a purpose in our lives. While different individuals may have different views of what spiritualism is, it is generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state of harmony with oneself and others while working to balance inner needs with the rest of the world.

The National Wellness Institute says spiritual wellness follows the following tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

Are you engaged in the process of spiritual wellness?

- Do I make time for relaxation in my day?
- Do I make time for meditation and/or prayer?
- Do my values guide my decisions and actions?
- Am I accepting of the views of others?

7 Ways to Improve Your Spiritual Wellness

1. **Explore your spiritual core.** Ask yourself: Who am I? What is my purpose? What do I value most? These questions will lead you down a road where you will think more in-depth about yourself and allow you to notice things about yourself that will help you achieve fulfillment.
2. **Look for deeper meanings.** Looking for deeper meanings in your life and analyzing occurring patterns will help you see that you have control over your destiny. Being aware of this can help you achieve a happy and healthy life.
3. **Get it out.** Expressing what is on your mind will help you to maintain a focused mind. By writing down your thoughts, you may be able to think clearer and move forward.
4. **Try yoga.** Yoga is a practice that can help improve your spiritual wellness by reducing emotional and physical strains on your mind and body.
5. **Go outside.** Taking time for yourself to travel to a comforting place or explore nature can do wonders for your mind.
6. **Think positively.** Once you start viewing things in your life in a positive manner, you will find yourself thinking differently and refocusing your mind to a happy, healthy place.
7. **Take time to meditate or pray.** While managing your time and daily tasks can be hard, it is crucial to devote time to connecting with yourself. Take 5 to 10 minutes to meditate or pray each day.





easterseals
Rehabilitation
Center

JOIN US FOR A ONE-MILE WALK
THROUGH RITZY'S FANTASY OF LIGHTS

WEDNESDAY, DECEMBER 4
6:30 PM
GARVIN PARK

Register Here:

\$5

Questions?
alutzel@ivytech.edu



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YOGA WITH The Grinch

TUESDAY, DECEMBER 3

12:00
Koch Student Center
RSVP alutzel@ivytech.edu

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IVY LIFE
IVYTECH STUDENT LIFE

PAWS N RELAX



December 9 and 10
11:00 - 1:00
Koch Student Center



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RELAXATION LOUNGE
FITNESS CENTER RM 142B

Need a space to take
a break and relax?

OUR RELAXATION LOUNGE FEATURES

- A quiet, relaxing atmosphere where you can de-stress
- Reclining Massage Chair
- Foot massager
- Heated Massage Pillow
- Weighted Blanket
- Relaxation DVDs & CDs
- Wellness Resource Library
- Creativity Tools
- Mini Zen Garden
- Light Therapy
- Blood Pressure Monitor
- Yoga Mats, Props, and Resources
- And much more to aid you in creating peace

OPEN FOR USE DURING
STAFFED FITNESS CENTER HOURS

Welborn Foundation
Wellness & Fitness Center



FITNESS CENTER INCENTIVE

November 22 - December 16, 2024

1. Download Strava app free version
2. Follow Ivy Tech Wellness Center, and we will follow you back
3. Workout at the Fitness Center for a minimum of 20 minutes, a total of 10 times, and record your workout on Strava
4. Receive free Wellness T-shirt or backpack at end of incentive!



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SKINNY SPINACH & ARTICHOKE DIP



Looking for a healthy dip for a holiday party? Then, try out this skinny spinach and artichoke dip!

- 1 tablespoon minced garlic
 - 1 small onion, diced (about 1 cup diced)
 - 1 (14 ounce) can artichoke hearts, drained and chopped
 - 1 (12 ounce) bag of spinach, chopped
 - 1/2 cup almond milk
 - 1/2 cup crumbled feta cheese
 - 3/4 cup grated parmesan cheese
 - 1/4 teaspoon pepper or to taste
 - 1 (8 ounce) pkg 1/3 less fat cream cheese
- Reduced sodium Triscuits or pita chips for dipping (or whatever you choose)

Instructions:

- Place sautéed onion and garlic in slow cooker along with artichoke hearts, spinach, almond milk, feta, parmesan, and pepper. Stir to combine.
- Top with cream cheese.
- Cover and cook on high heat for 2 hours or on low heat for 3-4 hours.
- Uncover and stir until everything is well combined.
- Keep on warm setting until you are ready to serve.



- How to Find Your Purpose
- Take a Mini Retreat
- The Gift of Wellness
- December Wellness and 12 Days of Kindness Calendar

FOR MORE INFO VISIT:



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