

# Installments

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THE NUMBER TWO NEWS SOURCE AT WAKE

MARCH

## JOY IN MOVEMENT



Moving is about appreciating what your body is capable of and feeling healthy.

The best types of movement are things that make you feel happy and that are enjoyable to you.

Did you know that exercise and movement improves mood, creates better sleep, and reduces stress and risk for chronic disease?

If you're looking for a supportive community to keep you active, check out Move More, Move Often (MMMO).

MMMO is a 6-week program engaging and encouraging individuals to increase or maintain their movement.

Participants can access incentives, receive supplemental resources and materials, and join the campus community for opportunities to get more active.



## DOWNLOAD IT BEFORE YOU NEED IT

You now have more access than ever to professional mental health support.

The TimelyCare app allows you to connect with a mental health professional in just a few minutes, or schedule counseling sessions with a licensed therapist.

This service is FREE for all Reynolda Campus students.

Downloading the app before you need it is a great way to limit barriers when you really need to talk to someone.

It takes between 4-8 minutes to download the app,

sign in, and fill out some info that allows you to be treated.

TimelyCare offers several different services, including

- TalkNow
- Scheduled Counseling sessions
- Health coaching
- Yoga & meditation sessions



## mindfulwake

## WHAT ARE THE BENEFITS OF MINDFULNESS?

- Improves non-judgmental decision making
- Helps you become more in touch with how your body is feeling
- Allows you to manage your thoughts and see things as they really are
- Improves your communication skills
- Increases your productivity and attention

span—remember, around 48% of our day is spent mind wandering!

- Enhances creativity
- Improves sleep
- Promotes gratitude & compassion

Take a moment to be mindful today!

Learn more at [go.wfu.edu/mindfulwake](https://go.wfu.edu/mindfulwake)