

# STUDENT DEVELOPMENT

## Weekly Newsletter

### In this issue:

- Valentine's Day
- Mindful MassBay
- #MASSBAYCARES

## Have a Mindful Valentine's Day!

Practicing mindfulness is about trying to stay aware of what is happening "right now". The ability to bring our attention back from the future or the past is one of the best self-care actions we can take. And Valentine's Day is the perfect time for self-care!



I challenge you to spend time this Valentine's Day taking care of you, showing yourself kindness and appreciation for all you do. Do something that makes your soul sing -- something just for you. This is YOU time. Mindful, intentional self-compassion.

If you have no idea where to start, ask yourself these mindful prompts:

1. What am I grateful for today?
2. What do I need to do for me today?
3. How can I show myself love today?
4. What do I look forward to today?
5. What can I do that will make me feel happy or content?

Listen to what your inner wisdom wants to share with you! You might take that nap you know you need, start the book you been meaning to read, go for a relaxing walk somewhere new. If it is an option, maybe indulge in something you would not normally justify because of the cost, like massage or a pedicure.

How about an escape to the beach in February? If you have never walked on the beach in the winter, you *are* missing out! Take a big, hot cup of coffee or hot chocolate, wrap up in your winter layers and enjoy the elements. It will be like a spa for your mind.

Finally, consider joining **Mindful MassBay** for 20 minutes of mindfulness meditation! We meet every Monday and Thursday at 1pm in the *new* **Meditation and Reflection Room** located on the first floor of Wellesley campus, room 148A.

Hope to see you there.

*Ann Whelan*  
Associate Director of Counseling

*(Adapted in part from Huffpost.com)*



**JOIN US TO LEARN ABOUT  
LOCAL COMMUNITY  
RESOURCES FOR  
MASSBAY STUDENTS**

**DO YOU NEED HELP WITH?**

**HOUSING/SECURING RENTALS**

**LEGAL ADVOCACY**

**EMPLOYMENT**

**SUBSTANCE RECOVERY**

**FOOD/SNAP**

**WEDNESDAY, FEBRUARY 26TH**

**1-2PM**

**COACHING COMMONS, ROOM 111**

**TEMPO & SMOCK WILL SHARE RESOURCES**

**#MASSBAYCARES**

[www.massbay.edu/studentengagement](http://www.massbay.edu/studentengagement)