

# STUDENT DEVELOPMENT

## Weekly Newsletter

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### Have a Mindful Valentine's Day!

Practicing mindfulness is about trying our best to stay aware of what is happening in the body/mind as well as around us, as often as possible. The end-result means that we can avoid being stuck in worry or rumination. 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 do this: Spend some time on February 14<sup>th</sup> taking care of you, showing yourself kindness and appreciation for all you do. That is, do something that makes your soul sing -- something just for you. Not about your kids or your significant other. This is YOU time. Mindful, intentional self-compassion.

If you have no idea where to start, ask your inner wisdom. Start with 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? What can I do that will make me happy?



### Mindful MassBay

EVERY Monday  
@ 1pm in the  
Wellesley Library  
Conference Room B

&

EVERY Thursday  
@ 3:30pm in the  
Wellesley Library  
Conference Room B

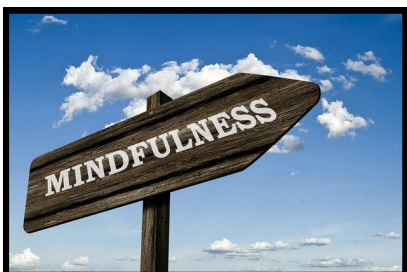
Then listen in and see what your inner wisdom wants to share with you. Then go do it.

You might take that nap you have wanted for three years, start the book you have been meaning to read, or 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 a massage.

How about an escape to the beach in February? If you have never walked on the beach in the winter, let me give you some FOMO! Take a big, hot cup of coffee or hot chocolate, wrap up in your winter layers and enjoy the elements. Seriously, this will be like a spa for your mind.

Finally, consider joining **Mindful MassBay** for twenty minutes of mindfulness meditation! On Valentine's Day, we will practice at 3:30pm in the Library Conference Room B on the Wellesley campus.

*(Adapted in part from Huffpost.com)*



- Ann Whelan  
Associate Director of Counseling