

Wellness Practices for MMU Students

We recognize that navigating the stress of continuing your education is hard work in and of itself. While investing deeply in yourself and your future, you are also living through a pandemic, a historic civil rights uprising, a divisive political and social climate, and your own personal stressors. Know that it is enough just to continue to show up in this moment of your life, and take the next right step. Feeling overwhelmed right now is normal and valid.

These practices are meant as suggestions for you to try, not as a list of things to add to your already busy life. Hopefully, some of these suggestions will speak to you and implementing them will help you to feel more grounded, peaceful, joyful, or productive. Use what works for you, and disregard the rest. The last thing your self-care needs is another “should” to add to your day.

You ARE doing enough. You ARE enough.

Login to your MyMtMary Zoom account to access videos.

Practice 1: Grounding Roots Meditation & Inner Voice Meditation

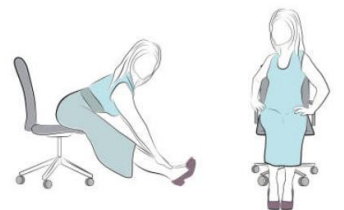
These are two meditations designed to be done in a chair, and practices that may be helpful for you if you are experiencing some anxiety while studying, during class, or while taking an exam.



<https://mtmary.zoom.us/rec/share/-KINU05A8riwQneJa7clMJqf-M2u1M-gFXyB3VEJxy9gMFpDNJX-pZXZsLbd05ip.z307wJuUFeg25Tlp>

Practice 2: Desk Yoga Practice

This 15 minute yoga practice was designed for when you don't have a lot of time or space. Sometimes taking a break is one of the most productive things we can do. We encourage you to use the entire practice, or to choose a few stretches and engage in regular study breaks.



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Practice 3: Sleep Meditation

This is a progressive guided relaxation designed to be performed before going to bed. It is not uncommon to fall asleep during this exercise! Remember that you require rest, and you deserve to take excellent care of yourself.



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Additional Health and Wellness Resources

The MMU Counseling Center

We recognize that the challenges of the undergraduate and graduate university experience along with the many other events also occurring in your life can lead to feelings of hopelessness, helplessness, and stress. If these feelings are impacting your ability to function in your day, our professional counselors can assist you in your mental health emotional development during college at Mount Mary. Current students have access to free, confidential counseling sessions.



Located in the Student Success Center, Offices H132 & H134

Phone: 414-930-3022 Email: mmu-counselingcenter@mtmary.edu

Black Lives Matter Meditations

We recognize the additional challenge that members of our community face navigating systemic racism. Your trauma is real, your feelings are valid, and we wish to support you in every way we can. While we would never suggest that meditation alone is an answer, Dr.



Candace Nicole has developed meditation based resources designed to support mindfulness surrounding social justice work. Dr. Candace Nicole is a psychologist, faculty member, and director of the Center for Healing Racial Trauma at the University of Kentucky. She has developed two meditations; one for those who are experiencing racial trauma, and another those who aspire to become better allies.

<https://www.drcandicenicole.com/post/black-lives-matter-meditations>

Additional Free and Low-Cost Wellness Options

- Free Online Yoga, Pilates & Meditation - <https://glo.com/fromourhearts>
- Milwaukee Bilingual (Spanish-English) Movement & Wellness (low cost/sliding scale) - <https://www.coreelcentro.org/>
- Library of Free Yoga on YouTube - <https://www.youtube.com/user/yogawithadriene>