

October 13, 2022 Wellness Day Program Session Descriptions

Link for all designated Zoom sessions:

<https://wpunj.zoom.us/j/98607692460?pwd=b2JwVS9VUGpXQW9Yd3B2SE1rbEZuZz09>

9:30-9:40am. **Introduction and Welcome!** – Provost Powers and the planning committee (Zoom session).

9:30am-3:30pm. **Mental Health First Aid Matters** – Brenda Marshall, Faith Atte, & Maria Holguin, Certificate training. Registration required. Email Brenda Marshall (MarshallB3@wpunj.edu) to register (University Hall 313).

This is a national certification course, and a certificate is earned at the end. It is being offered free because of a grant from SAMHSA - We Provide Mental Health Training. Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism. Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.

9:40-10:45am. **Practice Strategies for Addressing Psychological Well Being in the Classroom** – Daisy Rodriguez, Jessica Ebegebulem, & Jill Guzman (Zoom session).

Faculty and staff are invited to discuss strategies that promote a culture of psychological wellbeing in the classroom and in professional relationships with students. Strategies in addressing students in distress will be emphasized along with case examples for successful implementation. Session was highly rated from last December's *What Works for Student Success Conference!*

11-11:30am. **Sound Bath, Meditation & Gentle Movement** – Jessica Lake, JoAnn Alvarez Webb, and Lucia McMahon (University Center Multipurpose Room).

Come try out some unique approaches to wellness and relaxation. Jessica Lake, LCSW, Director of the new Bachelor's in Social Work program, is a Licensed Clinical Social Worker with expertise in trauma-informed, healing centered-practice. She trained in mindfulness-based stress-reduction and transcendental meditation. Prof. JoAnn Alvarez Webb from the Department of Teacher Education is a 200-hour certified yoga instructor. Dr. Lucia McMahon, Professor and Chair of History, has completed a 200-hour yoga teacher-training program certified through Yoga Alliance.

11-11:30am. **Look Beyond the Surface: A Galleries Walk** – Casey Mathern, Ben Shahn Galleries Director (Ben Shahn Gallery).

Join Casey on a unique experience through the *Silk Road from China to America* exhibit, a special 30 minute guided tour at 11am, and offered again at 2pm. Together we'll explore sumptuous Silk Road textiles and experience the benefits of slowing down and engaging with the material world. Faculty, staff, and students (invite yours) are all welcome and encouraged to attend. No previous art viewing experience or expertise is required.

11:30am-12noon. **Everyday Mindfulness: How to Incorporate Mindfulness Practices in Your Daily Routine** – Rebecca Bohmer, M.Ed., LAC, NCC, ASPIRE-STEM Student Success Coach, College of Science and Health (Zoom session).

Please join us for an interactive conversation on mindfulness practices, how these practices can benefit one's day-to-day life, and ways to incorporate mindfulness into your daily routine.

11:30am-12noon. **Writing for Wellness** – Martha Witt & Jessica Jacobson (UC 211).

Dr. MarthaWitt, Professor of Creative Writing and Director of the Performing and Literary Arts Honors Track andJessica Jacobson, head softball coach. Session description: Through discussions centered on daily journaling for lessening stress and anxiety, and by experimenting with select prompts, participants in this workshop will gain an understanding of how to use writing for wellness.

11:30am -12:15pm. **Laughter Yoga** – Sandra Foley, DNP, RN (University Center Multipurpose Room).

In this workshop, we will practice laughter yoga and consider the effects of laughter therapy on reducing stress. After this workshop, participants will be able to identify the concepts and benefits related to laughter yoga as well as being able to identify two techniques of laughter yoga they can use to reduce stress.

12:30-1pm. **Food for Health Workshop** – Kayla Kirschner, Registered Dietitian Nutritionist (Zoom session).

During this session, we will be talking about ways to incorporate nutrition and wellness while on-the-go around campus and beyond.

1:30-2pm. **Be the Change: Tools to De-Stress, Be Mindful & Calm Down** – Lynn Lazar, Director of Development Research/Management in the Development Office (Zoom session).

Session will offer ways to manage and reduce stress in one's life through life planning for self-betterment and finding Zen.

1:30-2pm. **Giving Students the STAR Treatment with a Daily Dose of Vitamin C** – Rose Mitchell, ASPIRE-STEM Project Coordinator (University Center Multipurpose Room).

Interested in discovering new ways to enhance the student and campus community experience with stars and oranges? If yes, this session is for you!

1:30-2pm. **Lawn Games** – Joe Spagna, Professor of Biology & Erin Stelma, Associate Director of Recreation (Caldwell Plaza – between the Student Center & College of Science & Health).

Join us for lawn games, including ball toss, cornhole, can jam, and spike ball. All faculty, staff and students welcome. Feel free to invite students to join you at this event!

2-3pm. **Recentering Minoritized Voices: Reflections and Strategies for Restorative Wellness Practices** – David Jones, Chief Diversity Officer & Yolany Gonell, Director of the Center for Diversity & Inclusion (Zoom session).

This session will provide an opportunity for participants to engage in an interactive dialogue on the philosophy of wellness and the impact of oppression. We will discuss structural barriers, personal experiences, and ways to shift from surviving to thriving.

2-2:30pm. **Look Beyond the Surface: A Galleries Walk** – Casey Mathern, Ben Shahn Galleries Director (Ben Shahn Gallery).

A reprised opportunity (see 11am description) to join Casey on a unique experience through the *Silk Road from China to America* exhibit, a special 30 minute guided tour. Feel free to invite your students to join you!

2:30-3:30pm. **Create a Fall Harvest Display** – Kevin Garvey, AVP for Administration & Jim Shelley, Director of Physical Plant Operations (Zanfino Plaza in front of the Student Center, between the Student Center and the Library).

Help turn the Zanfino Plaza into a festive fall display, complete with mums and other appropriate fall items! Rain date: 10/14.