

EMOTIONAL & SPIRITUAL WELLNESS

SOME POSSIBLE SIGNS OF EMOTIONAL WELL-BEING

Living in the moment
Sleeping soundly
Letting resentments go
Being able to “switch off” & relax

Being hopeful
Feeling connected
Being comfortable with oneself
Having empathy

FUN FACTS

1. Hugging someone for at least 20 seconds releases oxytocin, a hormone that promotes feelings of love and bonding.
2. Taking a few minutes each day to practice deep, mindful breathing can significantly reduce stress and improve overall emotional well-being.
3. Listening to music can have a profound impact on your mood.
4. Cultivating a habit of gratitude has been linked to improved mental health.



FACT OR FICTION?

1. You Need to Follow a Specific Religion to Be Spiritually Well.
Fiction !
2. Gratitude Practices Improve Well-Being.
Fact !
3. Spiritual Wellness Is a One-Size-Fits-All Concept.
Fiction !
4. Nature Connection Enhances Spiritual Well-Being.
Fact !



GET TO KNOW THE COACHES



Gania- I like to go out into nature as I feel that the fresh air and scenery tend to help me calm down.



Bhumika- I have started reading motivational books recently, it really helps me to calm down. I also like listening to calming music.

RECIPE OF THE MONTH- BY COACH BHUMIKA

Feeding the Soul: Nourishing Your Spirit through the Art of Cooking.

In a small mixing bowl, beat eggs with milk. Season with salt and pepper. Heat olive oil in a nonstick skillet over low to medium heat. Add eggs and swirl to coat bottom of the pan. Let eggs set, about 2 minutes.

Place few spinach leaves, tomato slices & cheese on one side of omelet. Gently fold other half over the top of the cheese. Press slightly. Allow cheese to melt, about 1 minute. Remove from pan, serve with whole wheat toast, and enjoy!

Makes 1 serving.



COACHING WITH OREO



GAME ZONE



Games For The Spirit- <https://www.deepfun.com/games-for-the-spirit/>

CAMPUS RESOURCES

C-CAPS Office: <https://www.njit.edu/counseling/>

Peer Wellness Coaching: <https://www.njit.edu/healthservices/peer-coaching>

Campus Health and Wellness: <https://www.njit.edu/healthservices/>

Cultural & Spiritual Student Organizations:

<https://njit.campuslabs.com/engage/organizations?categories=12127>