

Ivy Be Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

- 12 Days of Kindness
- Paws 'N Relax
- Holiday Stroll Downtown
- Holiday Party Recipe and more

Kindness is Good for You

Kindness is more than behavior. The art of kindness involves harboring a spirit of helpfulness, being generous and considerate, and doing so without expecting anything in return. Rather than viewing it exclusively as an action, think of kindness as a quality of being you can cultivate. Giving kindness often is simple, free and health-enhancing.

Kindness has been shown to increase self-esteem, empathy, and compassion, and improve mood. It can decrease blood pressure and cortisol, a hormone directly correlated with stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer.

Kindness can increase your sense of connectivity with others, decrease loneliness, combat low mood and improve relationships. It also can be contagious, encouraging others to join in with their own generous deeds.

Looking for ways to show kindness can give you something to focus on, especially if you are anxious or stressed in certain social situations.

Physiologically, kindness can positively change your brain by boosting levels of serotonin and dopamine. These neurotransmitters produce feelings of satisfaction and well-being, and cause the pleasure and reward centers in your brain to light up. Endorphins, your body's natural painkiller, also may be released when you show kindness.

When sharing kindness, it's not just how you treat other people — it's also about how you extend those same behaviors and intentions to yourself. I believe you can be kinder in your own self-talk and practice gratitude.

People are good at verbally beating themselves up which does not work as a pep talk. Rather, negativity often causes you to unravel and may even create a vicious cycle of regularly getting down on yourself. You wouldn't talk to your neighbor the way you sometimes speak to yourself.

Remember this quote by the Dalai Lama: "Be kind whenever possible. It is always possible."



Click Here

Tuesday, December 12, 2023
11-1 and 4:30-6

Paws 'N Relax

Koch Student Center

Pet and play with the therapy animals to help you stay calm and relaxed during final exam week.



Register Here

Walkie Talkies Holiday Stroll

THURSDAY, DECEMBER 14
6:00 P.M.

JOIN IVY TECH WELLNESS FOR A STROLL THROUGH DOWNTOWN EVANSVILLE TO VIEW THE HOLIDAY LIGHTS AND DECORATIONS

Meet on sidewalk in front of Old National Bank at One Main Street.
Parking available along Main Street.



Welborn Foundation
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Hiking thru Howell Wetlands



Click Here



RELAXATION LOUNGE
FITNESS CENTER RM 142B

Need a space to take a break and relax?

OUR RELAXATION LOUNGE FEATURE

- A quiet, relaxing atmosphere where you can de-stress
- Reclining Massage Chair
- Foot massager
- Heated Massage Pillow
- Weighted Blanket
- Relaxation DVDs & CDs
- Wellness Resource Library
- Creativity Tools
- Mini Zen Garden
- Light Therapy
- Blood Pressure Monitor
- Yoga Mats, Props, and Resources
- And much more to aid you in creating peace

OPEN FOR USE DURING
STAFFED FITNESS CENTER HOURS



Welborn Foundation
Wellness & Fitness Center



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Holiday Meditation Schedule

MONDAY, DECEMBER 3 @ 11:30
WEDNESDAY, DECEMBER 6 @ 2:00
MONDAY, DECEMBER 11 @ 11:30
THURSDAY, DECEMBER 14 @ 1:30

Take time for yourself during the hustle and bustle of the holiday season. You will leave each session feeling more relaxed and focused.

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Take time
for self-care

No guilt
party dip



SKINNY SPINACH & ARTICHOKE DIP

Looking for a healthy dip for a holiday party? Then, try out this skinny spinach and artichoke dip!

- 1 tablespoon minced garlic
- 1 small onion, diced (about 1 cup diced)
- 1 (14 ounce) can artichoke hearts, drained and chopped
- 1 (12 ounce) bag of spinach, chopped
- 1/2 cup almond milk
- 1/2 cup crumbled feta cheese
- 3/4 cup grated parmesan cheese
- 1/4 teaspoon pepper or to taste
- 1 (8 ounce) pkg 1/3 less fat cream cheese

• Reduced sodium Triscuits or pita chips for dipping (or whatever you choose)

Instructions:

- Place sautéed onion and garlic in slow cooker along with artichoke hearts, spinach, almond milk, feta, parmesan, and pepper. Stir to combine.
- Top with cream cheese.
- Cover and cook on high heat for 2 hours or on low heat for 3-4 hours.
- Uncover and stir until everything is well combined.
- Keep on warm setting until you are ready to serve.

Holiday Wellness: Practice Kindness

December Wellness Calendar

Holiday Home Workout Routine



FOR MORE INFO VISIT:



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