

Mind, Body & Spirit are key elements to optimal health. Give yourself a special gift. Choose an item / activity from the list every day for 25 days and get rewarded. After you complete the sheet, turn it in to the Health & Wellness Center to claim your care package! Completed sheets should be turned in between Dec. 4th - 11th. Questions? Please contact Tia Lillie @ tll2@stmarys-ca.edu or at X4776.

Write a letter Donate an item Volunteer in the community Try a new hobby
 Try a new fruit Try a new vegetable Dance Smile Experience a new cuisine Re-
 cycle Play a game Help someone in need Play an instrument Give a hug Limit
 caffeine intake Pick up litter Attend an on-campus program Watch a movie Eat
 lunch away from the desk – Enjoy your food Floss your teeth Engage in any relax-
 ation technique Meditate, pray Read a book (not a text book) Laugh (Laughter is
 fantastic medicine) Take a 10-15 minute nap Eat a nutritious breakfast 5 a day (2



Made Possible by the SMC Health and Wellness Center, x 4254

no alcohol or tobacco Incorporate more fiber in your diet Take time to stretch
 throughout the day Set realistic goals for the future Work on a puzzle, cross word
 or SuDoku Wash hands often & disinfect Exercise (swim, pilates, walk, hike,
 wt. train etc.) Utilize your artistic side. Paint, color, draw, knit etc. Write a letter
 Donate an item Volunteer in the community Try a new hobby Try a new fruit Try
 a new vegetable Dance Smile Experience a new cuisine Recycle Play a game Help

- | | |
|---|--|
| <input type="checkbox"/> Write a letter | <input type="checkbox"/> Read a book (not a text book) |
| <input type="checkbox"/> Donate an item | <input type="checkbox"/> Laugh (Laughter is fantastic medicine) |
| <input type="checkbox"/> Volunteer in the community | <input type="checkbox"/> Take a 10-15 minute nap |
| <input type="checkbox"/> Try a new hobby | <input type="checkbox"/> Eat a nutritious breakfast |
| <input type="checkbox"/> Try a new fruit & vegetable | <input type="checkbox"/> 5 a day (2 fruits + 3 veg.) |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Drink water throughout the day |
| <input type="checkbox"/> Smile | <input type="checkbox"/> Work in the organic garden |
| <input type="checkbox"/> Experience a new cuisine | <input type="checkbox"/> Say no (it is okay to say no) |
| <input type="checkbox"/> Recycle | <input type="checkbox"/> Incorporate more fiber in your diet |
| <input type="checkbox"/> Play a game | <input type="checkbox"/> Take time to stretch throughout the day |
| <input type="checkbox"/> Help someone in need | <input type="checkbox"/> Set realistic goals for the future |
| <input type="checkbox"/> Play an instrument | <input type="checkbox"/> Work on a puzzle, cross word or SuDoku etc. |
| <input type="checkbox"/> Give a hug | <input type="checkbox"/> Wash hands often & disinfect |
| <input type="checkbox"/> Limit caffeine intake | <input type="checkbox"/> Exercise (swim, pilates, walk, hike, wt. train etc.) |
| <input type="checkbox"/> Pick up litter | <input type="checkbox"/> Utilize your artistic side. Paint, color, draw, knit etc. |
| <input type="checkbox"/> Attend an on-campus program | <input type="checkbox"/> Other |
| <input type="checkbox"/> Watch a movie | |
| <input type="checkbox"/> Eat lunch away from the desk – Enjoy your food | |
| <input type="checkbox"/> Floss your teeth | |
| <input type="checkbox"/> Engage in any relaxation technique, meditate, pray | |

Name: _____
 Email: _____
 Phone: _____ Grad Year: _____

25 Days of Care