

# HEALTH & WELLNESS

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## WORLD MEDITATION DAY MAY 21ST

Meditation is a rich topic encompassing a wide range of practices and traditions from cultures around the world. We can explore meditation through both mindfulness and manifestation practices. We use our breath, body, emotions, and thoughts as vehicles to cultivate awareness and acceptance and to fulfill our intention. The benefits of mindfulness and manifestation are numerous and have been substantiated by extensive scientific research. These practices enhance our capacity to show up as our whole and brilliant selves in our lives, relationships, and communities—enabling us to be the peaceful warriors our world needs. Through mindfulness, we gain insights into our inner world of beliefs, biases, fears, and desires. We create space to listen, to reflect, to remember, to process, and to build a loving relationship with our internal and external worlds. Over time, practicing mindfulness improves our attention span and focus, strengthens our mind-body connection, and leads to increased social, emotional, and overall well-being. Click on the brain above to try a few different guided meditations. Try them this upcoming week and see if there is a difference in your whole self!

## KIDS HEART CHALLENGE

Thank you very much for raising \$3,605.51 with our school's recent Kids Heart Challenge. Families and schools are critical links in providing the foundation for cardiovascular wellness in our country. Your support and participation in the Kids Heart Challenge makes a tremendous impact in helping millions of Americans through increased awareness of cardiovascular disease, lifesaving scientific research and critically needed education efforts. Students who donated will be receiving their additional "thank you" by the end of next week.

**The Top Three Students who will be able to pie a teacher in the face at the end of the year are:**

**5th Katie Buckley  
1st Chase Trembone  
3rd Milana Reid**

## Quote of the Month

**"I believe that the greatest gift you can give your family and the world is a healthy you."  
– Joyce Meyer**

**Meaningful  
May  
Calendar**

