

# February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Mindful Monday:</b> <i>5-4-3-2-1 Grounding</i>  5 Things You Can See 4 Things You Can Feel 3 Things You Can Hear 2 Things You Can Smell 1 Thing You Can Taste	2 <b>Ten Minute Tuesday</b> <u>10 Minute Tabata Workout</u>	3 <b>Words of Wisdom Wednesday:</b> Cupcakes are muffins that believed in miracles	4 <b>Tasteful Thursday:</b> <u>Greek Chicken Traybake</u>  <b>Mindfulness Meditation With Donna Burke</b> 12:00-12:30, via Zoom	5 <b>Family Friday:</b> Get the family together and bundle up. Head to your favorite hill for some sledding  <b>Go RED for Women Day</b> Wear your favorite red outfit or PJ's in awareness of Women's Heart Health!
8 <b>Mindful Monday:</b> How to practice emotional first aid right now <u>Ted Talk</u>  <b>Evaluating Your Investments- Beyond the Basics</b> Noon, Via Zoom	9 <b>Ten Minute Tuesday</b> <u>10 Minute Ab Workout</u>	10 <b>Words of Wisdom Wednesday:</b> <u>Ctr-Alt-DeL</u> Control yourself Alter your thoughts Delete the negativity	11 <b>Tasteful Thursday:</b> <u>Caprese Stuffed Portobella Mushrooms</u>  <b>Mindfulness Meditation With Donna Burke</b> 12:00-12:30, via Zoom	12 <b>Family Friday:</b> <u>Valentine's Day Scavenger Hunt for the Kids</u>
15 <b>Mindful Monday:</b> <b>Daily Affirmations:</b> I am doing my best I am worthy I am proud of myself I believe in myself I am grateful for all I have	16 <b>Ten Minute Tuesday</b> <u>10 Minute Yoga</u>	17 <b>Words of Wisdom Wednesday:</b> Make happiness a priority and be gentle with yourself in the process	18 <b>Tasteful Thursday:</b> <u>Turkey Teriyaki Rice Bowls</u>  <b>Mindfulness Meditation With Donna Burke</b> 12:00-12:30, via Zoom  <b>Increasing Student/Employee Engagement with Mark Sample</b> Noon – 12:45 pm, Via Zoom	19 <b>Family Friday:</b> This weekend, treat the family to a waffle party - filled with all your favorite toppings!
22 <b>Mindful Monday:</b> Set a goal, write it down, plan first steps	23 <b>Ten Minute Tuesday</b> <u>10 Minute Stretch</u>	24 <b>Words of Wisdom Wednesday:</b> It's not what you do, but why you do it  <b>Who are our students?</b> Noon to 12:45 pm, Via Zoom	25 <b>Tasteful Thursday:</b> <u>BLT Chicken Salad</u>  <b>Mindfulness Meditation With Donna Burke</b> 12:00-12:30, via Zoom	26 <b>Family Friday:</b> A family puzzle is the perfect winter hobby.



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