



## WELLNESS WEDNESDAY

Today's tip:

Practice mindful non-striving by  
Engaging in a Jigsaw Puzzle Meditation

## RESOURCES & SUPPORT

**Monks Creating a Sand Mandala:**

<https://www.youtube.com/watch?v=GA3su0ECdPc&feature=youtu.be>

Bibliotherapy:

New York Times Bestselling book, "Flow," by Mihaly Csikszentmihalyi

"Full Catastrophe Living," by Jon Kabat-Zinn, Ph.D.

"When Things Fall Apart: Heart Advice for Difficult Times," by Pema Chödrön

Campus Resources:

*(this list is not exhaustive)*

**Student Counseling Services:** <https://www.una.edu/counseling>

**University Case Management:** <https://una.edu/case/>

**Feeding the Pride:** Assistance with food insecurity

<https://www.una.edu/students/Food-Pantry/index.html>

**Success Center:** Online tutoring & advising- <https://una.edu/successcenter/>

**Disability Support Services:** <https://www.una.edu/disability-support/>

**Mitchell-West Center for Social Inclusion:** <https://www.una.edu/socialinclusion/>

## Moment of Zen

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*Lives fall  
apart when  
they need to be  
rebuilt.*

-Iyanla  
Vanzant