



## WELLNESS WEDNESDAY

Today's tip:  
Connect mind and body while cultivating  
compassion and non-attachment by  
Trying a virtual YOGA CLASS!

## RESOURCES & SUPPORT

### Bibliotherapy:

"No Death, No Fear: Comforting Wisdom for Life" by Thich Nhat Hanh

"The Four Agreements: A Practical Guide to Personal Freedom  
(A Toltec Wisdom Book)" by Don Miguel Ruiz

"Boundaries: When to Say Yes, How to Say No To Take Control of Your Life"  
by Dr. Henry Cloud and Dr. John Townsend

### 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/>

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## Moment of Zen

*The more you  
practice gratitude,  
the more you see  
how much there is  
to be grateful for,  
and your life  
becomes an  
ongoing  
celebration of joy  
and happiness.*

*-Don Miguel  
Ruiz*