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BUFFALO

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UB Recreation Newsletter

wellness marches on >>>



A program for students, by students, Unplug & Play brings you all the feels of family game night with some life-sized additions. UB Rec & the Bulls Team Shop have teamed up to offer UB Students a weekly night of fun, games, popcorn, music and major shopping sales!

UB Rec provides a fun, unique program that does not require electricity and disengages us from technology.

During each semester, giant, life-size games create an inclusive, low stress environment that allows for fun competition. Unlike basketball, baseball, and other sports, Jenga, Corn Hole and Connect-4 do not require a specific sport skill set. We have chess, checkers, Yahtzee, coloring pages, and other games and activities.

Spring 2022, UB Students can enjoy 20% OFF all purchases made at the Bulls Team Shop on Friday's between 5pm-8pm. Come end your week with a laugh, make some friends, get geared up and enjoy some games.

What Are You Eating for Lunch Today?

Not all midday meals are created equal. If you're trying to lose weight, eat more vegetables or aiming for overall better health, it might be a good time to rethink your lunchtime meal choices.

Not only are the calorie differences astronomically different, but the portion sizes are as well. Take a look at the chart and compare the amount of one food you would need to eat in order to match the calorie intake of some of your favorite treats!



Start Your Meditation Journey

Meditation is not about changing “who you are”, to better oneself, or to become a new person; it is an act of bringing awareness to a person’s sense of self. Practicing meditation can decrease stress and can alleviate mind clutter, producing clarity. Meditation can be a useful practice to bring us into the now before starting a day, a meeting, a lecture, a task. Along with meditation, journaling is also a useful tool to bring our thoughts, feelings, memories, and sensations down to paper. Meditation is a tool for self-care.

Here are a few links of audio and video meditations:

- <https://www.doyogawithme.com/yoga-meditation>
- <https://soundcloud.com/mindfulmagazine/10-minute-walking-meditation>

why color? >>>

Coloring can help improve your emotional and intellectual wellness by engaging your senses and partaking in a challenging yet fun activity.

There are many benefits to coloring including reducing stress and anxiety and improving motor skills, vision, sleep, and focus. It has the capability to relax the fear center of your brain by reducing the thoughts of a restless mind. In addition to its relaxation benefit, it gets those creative juices flowing through color choices that will make your picture come to life.

It also makes for a great activity before bed. Instead of staring into a screen of status updates and pictures before you go to sleep-sit down and color. Having an electronic-free bedtime routine will keep your melatonin level balanced providing a much better night of sleep.

Taking the opportunity to color will require you to focus in a way that you can live in the moment.



Ways to Celebrate St. Patrick's Day

<<< *feelin' lucky?*



1. Make a Yummy Meal: Corned Beef & Cabbage and Irish Soda Bread

Every year on St. Patrick's Day for the past 10 years, I have made my own Corned Beef & Cabbage meal for my family. Any recipe you find will do and it is easy to follow. The hardest part is waiting for it to cook since the recipe I follow includes a crockpot! Corned Beef is VERY salty, but one bite is never enough it leaves your mouth watering for more.

Another traditional food item is Irish Soda Bread. I personally have never made it, but I am going to give it a go this year. Just like the Corned Beef, the recipe is relatively easy to follow and not time consuming like a sourdough bread. When I eat soda bread, I like to warm up or toast the slice and spread some butter on it. The butter melts in to the bread, giving it even more flavor! <https://sallysbakingaddiction.com/grandmas-irish-soda-bread/>

Oh, and who doesn't love potatoes? Here is a simple recipe to follow with minimal ingredients: <https://www.spendwithpennies.com/corned-beef-and-cabbage-slow-cooker-recipe/#wprm-recipe-container-121405>

2. Shamrock Shakes

I have been guilty of regularly picking up a Shamrock Shake when it shows up every year. It is probably not the healthiest of things to drink, but it is a treat right? Here is a spin on the Shamrock Shake so you can feel less guilty. It is not the same, I mean it has spinach in it so it is definitely not the same, BUT it is still pretty good. There are lots of healthy versions out there if you do a quick internet search or just play with the ingredients to create one you like.

Recipe: <https://chocolatecoveredkatie.com/raw-mint-chocolate-chip-milkshake/>

3. Leprechaun a Friend

I put together this idea after my kids and I pretended to be the Easter Bunny last Spring for several of our family members and friends. All you have to do is throw together a basket of fun little goodies and drop it at a friend's door. Ring the doorbell and RUN! Try to get away before they see you were the culprit! That is what makes this so fun, they aren't supposed to know who the leprechaun is. Some goodies could be cookies, drinks, "gold" coins, green playdoh, Lucky Charms cereal and green themed gifts. If they have kids in the house, throw in a fun little game or St. Patrick's Day craft for them to do. **Get creative and have fun with it!**

Author: Karen Mayfield

Essential Tips for First-Time Homebuyers

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The True Cost of Buying a Home

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Signing on the dotted line...

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ask the experts >>>

Q: Should I Refinance?

A: Historically Low Interest Rates May Make Refinancing Sense

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Expenses to expect when buying a home

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finalthoughts...

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