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March  
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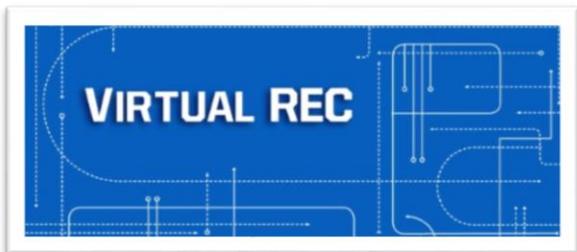


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# UB Recreation Newsletter

current topics >>>



## March Into Wellness: A Brown Bag Lunch Series

The month of March is the gateway to spring. UB Recreation will be hosting a **4-week brown bag lunch series** to examine and discuss wellness and health topics to prepare us for a spring of optimal health.

Join us as we enhance our minds and bodies in March with healthcare experts in the WNY area.

Open to students, faculty/staff and the community.

**Topics include:**

- Start, Stick, and Shape Up
- Busting the Myth: What is correct exercise form?
- To stretch or not to stretch?
- Anti-inflammatory diet: decrease inflammation and promote health through food

Visit our website to register for the series – [buffalo.edu/recreation](http://buffalo.edu/recreation).

Traditionally, wellness has been considered only the absence of illness and disease. Now, we see wellness as a holistic perspective that strives to define the presence of positive conditions and outcomes. **Some of the most common definitions of wellness break the term of wellness into 5-8 different dimensions that include:** Social, Emotional, Intellectual, Financial, Physical, Spiritual, Environmental and Occupational.

UB Recreation in the past has promoted wellness programming highlighting the areas of physical and social wellness. As we progress into a new century and time, we will be facilitating and highlighting campus resources and unique UB REC activities and programs to enhance all areas of wellness.

Wellness is unique to each individual, it is a subjective experience of what ‘wellness’ feels like for each person. It is hard to define perfect wellness, since we are all unique; our wellness path is also going to be unique.

Visit our Virtual Rec website:

<http://www.buffalo.edu/recreation/services/virtual-rec.html>



## Get better sleep >>>

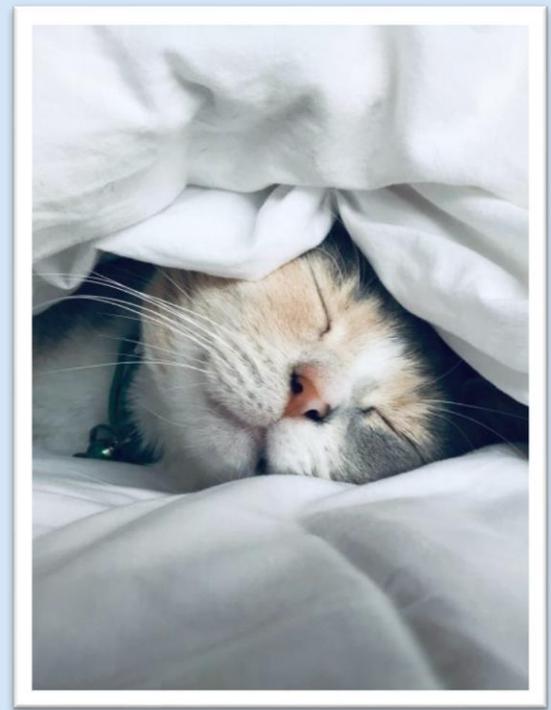
Like many of you during these uncertain times being at home much more than I'm accustomed to, I'm concentrated on improving myself, being disciplined with lifting, working, eating right and other habits. I tried to use a planner, write down goals, the whole deal. And that's great - having a clear plan is a great idea.

However, I noticed in the past 2-3 weeks, I was heavily struggling with willpower and motivation. I was beating myself up over finding motivation somewhere to get things done and it just wasn't there. I would rather procrastinate or do nothing at all.

### That's when I made the link between willpower/motivation and SLEEP!

My 10pm bed time would slip to 11pm, or 12am some nights (wakeup at 6am). Not because I was simply staying up late doing nothing, but because I was so intent on accomplishing everything on my lists. "Just pound through it! Discipline, yo!" The next day, it would be harder to keep on task or even start things. The end result is the 12 or so hours a day you have to actually work on things you get very limited done.

Sleep is very important. If you're lacking motivation or drive, check your sleep schedule. You can only pull all-nighters or cut an hour here and there a few times. You can't use it as a long-term strategy. It is much better if you set a hard stop time about an hour before bed, put everything down, and recharge.



AUTHOR: Roz Dominico

# Get Started with Meditation

<<< find time to relax

When I read or hear the word "meditation", I and maybe you picture a person seated, cross-legged on top of a mountain under a clear blue sky, with evergreen trees cascading the landscape. Fresh air surrounds the person; they close their eyes and breathe in the clean, cool air in complete silence. As that person descends the mountain, we picture the person with a clear mind and becoming a "new" person.

**What is meditation?** 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. It opens a path for us to see and identify core beliefs that we can change. The act of meditation is a form of training for the mind to pay attention. Through meditation, we can bring the brain to a mindful state that allows us to pay attention without judgement. We can practice meditation on top of a mountain, but in reality, we can meditate anywhere, anytime. There are different forms and ways of meditation: walking meditations, nature walks or runs, video, audio, during and after a yoga practice, seated, body scans, and many more ways that may be specific and special to an individual. End result, we gain an awareness of one's self, thoughts, feelings, emotions, and environment.

**How do we meditate?** Find an environment in which you feel comfortable in; for me this is while I am outside in nature running. Begin by focusing on your breath, the inhalation and the exhalation. Your mind will not clear, but let it wander. Think about what may be distracting you from your breath, what you see, what you may hear. Accept the distracting thought and return to your breath, inhalation and exhalation. Our minds never clear, we will always have thoughts coming in and out; through meditation, we can bring our self into the now, rather than the past or future. We accept our past, we have learned from our past. Our past helps define who we are and our future defines who we can be. Meditation allows us recognizing our core beliefs. We can reconfigure our core beliefs by understanding our emotions, sensations and thoughts associated with each core belief. Start with one minute and grow to 10 or 15 minutes several times a week.

**Hurdles to meditation.** Self-Criticism – "I am doing this wrong" or "I feel silly". There is no right or wrong way to meditate; it is specific to the individual. Sleep Fullness – You probably will feel tired, you may yawn. This is okay; it is our mind telling our body, "I am relaxed and I needed this time to recover". Restlessness – Our bodies may not be ready to sit still; take a break and come back to it later. Pain or Fear – We may feel a twinge or tingle or sense of heaviness over our body; come back to your breathe or open your eyes and readjust.

**Start your meditation journey.** 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 - Meditations: <https://www.doyogawithme.com/yoga-meditation>. Walking Meditation: <https://soundcloud.com/mindfulmagazine/10-minute-walking-meditation>.