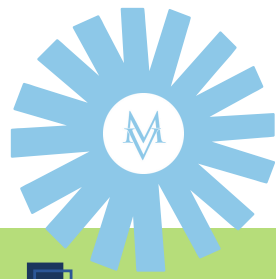


# Wellness MENU



**MONTHLY Focus**

MARCH 2025

## Practicing Gratitude

Practicing gratitude improves mental health by fostering a positive mindset, reducing stress, and promoting feelings of happiness and well-being.

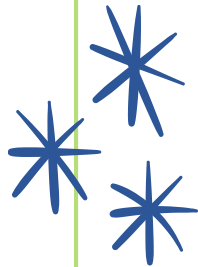
### GRATITUDE JOURNALS

Stop by your front desk and pick up a gratitude journal. Start the daily habit of reflecting on what you are grateful for and practicing kindness.

#### GRATITUDE.....

- Can better sleep
- Improve focus
- Increase self-esteem
- Increase patience

*Did you know*



### SOCIAL + MENTAL

Summit Counseling Center

Employee Assistance Program  
company code: metlifeeap

Teacher Discounts

Headspace for Educators

#### REMINDER!

Join the slack channel #15for15 to be a part of our fun fitness challenge and have the chance to win a prize on the 15th of every month!

### NUTRITION

As a MV employee, you can receive 25% off your GFC order. Just use the promo code purpose.

### PHYSICAL

#### Physical Wellness with Hiro

Athletic Trainer Hiro Kariya offers services (injury evaluation & consultation, cupping, and dry needling) to faculty/staff. He's available most afternoons for one-off appointments.

## Wellness RESOURCES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Faculty Facial</b> 12:45 - 1:15 pm <i>Message Lily Catano for a facial with free supplies</i>	<b>Walking Trails</b> Be one with nature and explore the MV walking trails on your own or with friends.	<b>Pottery</b> 3:30 - 4:30 pm Every other Thursday starting on 9/12 <i>Message Lynn Luster</i>	
		<b>Pelotons</b> Take advantage of the 5 Peloton bikes and join the Slack channel #MVMoves		

