Health and Wellness Newsletter

Positive Affirmations
Approximately three months ago, I started a practice of Daily Positive Affirmations because I wanted to experiment with it. I was inspired after reading the book “The Miracle Morning”. Did you know we use affirmations all day every day? In our words or in our thoughts, we are declaring and forming our own individual truths. Most people are unaware of just how powerful our words and thoughts can be.

The thought behind reciting positive affirmations is to change the conscious level of our thinking pattern until our subconscious accepts the statement as our truth. It opens us up to a new way of thinking. This new way of thinking may not be automatic, but thinking about the possibility of it being true can change our words, actions and experiences. We can manifest more joyful life experiences by choosing to affirm the positive about ourselves, our situation, and the world around us. We have the power to change our beliefs. We decide when, how, where, and what.

I just recently came across this saying, “You don’t pray to change God’s mind, you pray to change your own mind”. I think this is a powerful statement because it reminds me that we already hold all the love, happiness, and good health that we long for, and using positive affirmations helps us be more mindful of their existence in and around us.

While stating a positive statement is favorable for our attitude in the moment, we also have to think about all the words and thoughts we use throughout the day that create our reality. We must reeducate our conscious mind to sustain the positive from moment to moment. Only then will our subconscious mind believe the positive affirmations.

Affirmation Exercises
Writing Affirmations: This is one of the most popular exercises for positive thinking. Writing affirmations down can help commit them to memory until they become second nature in your self-talk. Posting the written affirmations in locations you frequent (refrigerator, bathroom, computer) is a great way to regain or maintain focus on your new positive thinking goals.

Affirmations During Meditation: Last month’s newsletter focused on seated breathing meditation. Choose or create a positive affirmation that resonates for you. After a few minutes of the breathing meditation, repeat the affirmation in your head and imagine in detail what the statement looks and feels like. While in a meditative state, open your eyes and repeat the statement out loud.
Exercises Continued...

Singing or Chanting Affirmations: The mind remembers words that have been set to a melody or have a rhythm.

Saying Affirmations in the Mirror: This is a great exercise to impress upon the brain the importance of the message. It can be difficult because you are looking at yourself directly in the eye and the statement may not yet hold truth for you. Remember, you are reeducating your thinking pattern.

Affirmations in the Morning and Evening: This is a wonderful way to begin your day by setting a positive attitude forward. At night, the positive affirmation can soak into the body, mind and soul while you sleep. It is best to use this method with another exercise as to not slip back into negative thinking during your day.

Example Affirmations for Students

Research conducted at Carnegie Mellon University found that people can boost their ability to solve problems under pressure by using self-affirmations. The findings, which are published in PLOS ONE, state “the process of identifying and focusing on one’s most important values (self-affirmations) can protect against the damaging effects of stress on problem-solving performance.”

~ This semester is MY learning experience and I take from it what is useful to me.
~ I am a great student and getting better each and every day!
~ Learning new things is a challenge and I love challenges!
~ Today I study hard, so tomorrow I can make my difference!
~ Education is the gateway to my future! Today I make the most of my academic opportunities.
~ Today I take charge of my education. The more I learn, the more I achieve.

Example Self-Confidence Affirmations

~ Today I take control of my life. I am free to create my life experiences.
~ I value my unique talents.
~ I listen to my intuition to help guide me to make better decisions.
~ I am self-reliant, creative and persistent in whatever I do.
~ I LOVE challenges. They bring out the best in me.
~ I face difficult situations with courage and conviction. I always find a positive solution.

Fall Semester PR & HW Classes

Register NOW!
The Community Education program offers a variety of Physical Recreation and Health and Wellness classes. Check it out here.

Are you up for a challenge?
My BootCamp and Total Body Tabata Class is held on Mondays and Wednesdays in the East Gym from 4:00 pm to 5:00 pm.
My Intermediate Yoga class is held on Tuesdays and Thursdays in Room 1 from noon to 1:00pm.

Arugula, Watermelon & Feta Salad

Vinaigrette
½ cup freshly squeezed organic orange juice
½ cup freshly squeezed organic lemon juice
½ cup minced shallots
1 tbsp honey
½ cup Extra Virgin Olive Oil (EVOO)
½ tsp salt
½ tsp pepper

6 cups organic baby arugula
1/8 seedless watermelon, cut into 1 inch cubes, rind removed
12 ounces feta cheese, cut into ½ inch cubes
1 cup (4 ounces) whole fresh mint leaves, julienned

Whisk together all the ingredients for the vinaigrette except for the EVOO. Slowly pour the EVOO, constantly whisking to form an emulsion. Place the arugula, watermelon and fresh mint in a large bowl. Drizzle with enough vinaigrette to coat greens lightly and toss well.