

WHERE IS THE
LOVE?

THRIVE

365

FINISHING THE SEMESTER STRONG BY TAKING CARE OF YOURSELF

Stacy Andes, EdD

Director of Health Promotion



“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

Dalai Lama XIV



Compassion *noun*

com·pas·sion | kem-'pa-shen

Sympathetic consciousness of others' distress together with a desire to alleviate it.

Merriam-Webster Dictionary © 2020



Self-Compassion *noun*

self com·pas·sion | self kem-'pa-shen

“Put on your own oxygen mask first.”



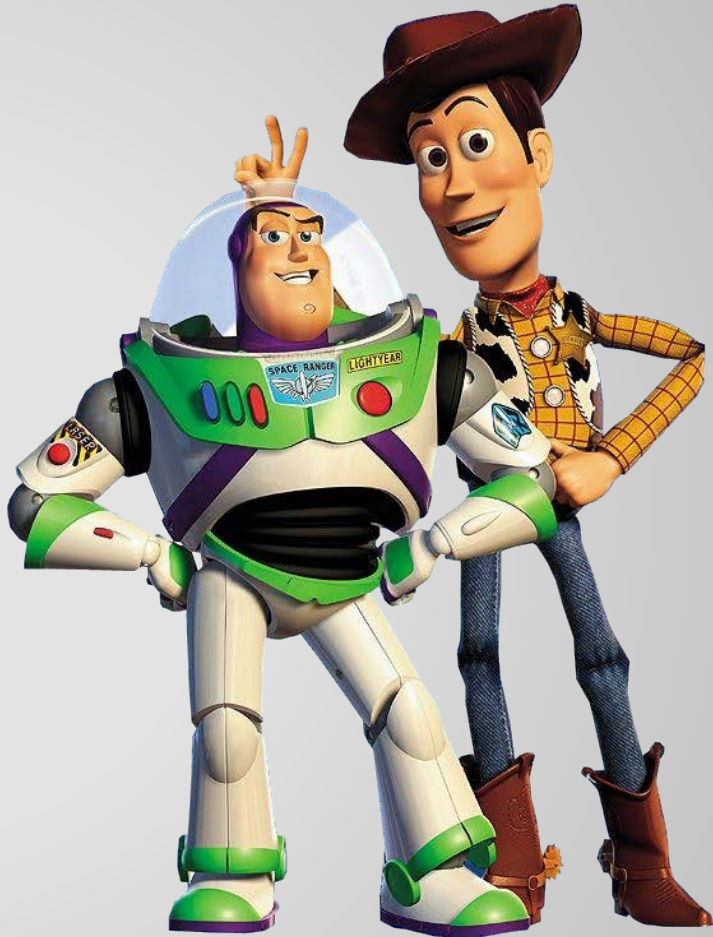
Self-Kindness versus Self-Judgment: seeing ourselves as imperfect and responding with kindness when experiencing failure, suffering or feelings of inadequacy

Common Humanity versus Isolation: challenging moments often bring up feelings of isolation, but we can honor that we are all connected to the human experience

Mindfulness versus Over-Identification: we shouldn't avoid or deny negative feelings or emotions



You've Got a Friend in YOU.



DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

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Chat Question 1:

What is one thing that you would like to do to finish the semester strong?



PHYSICAL
ACTIVITY



MOVE

HEALTHY
MEALS



NOURISH

SOCIAL
SUPPORT



CONNECT

STRESS
REDUCTION



BE

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villanova.edu/healthpromotion

<ul style="list-style-type: none"> Home Health Promotion About Us Meet Our Staff FAQ's Thrive 365 ➤ POWER Campus Well Sexual Assault Full Policy BASICS Internship Application ➤ Events & Initiatives AlcoholEdu and SAPU Where is the Love? QPR Training 	<h2>Fitness</h2> <p>Are you confused by all the fitness information that is out there or just looking to improve your knowledge? Check out these helpful articles:</p> <h3>Fitness 101</h3> <ul style="list-style-type: none"> Hitting a Strength Plateau Step up to an Active Lifestyle Steps to a Healthier Weight Stretching and Mobility Warmup Guidelines <h3>Fitness Trends</h3> <ul style="list-style-type: none"> Barefoot Training Crossfit Shake Weight Tabata Yoga Zumba <h3>Sports Nutrition</h3> <ul style="list-style-type: none"> Disordered Eating Ergogenic Aids Performance Hydration Sports Snacks <h3>Around Campus</h3> <ul style="list-style-type: none"> Walking Trail Residence Hall Work-Out Residence Hall Workout Explanation Villanova Recreation
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VILLANOVA UNIVERSITY | THRIVE 365 | CAMPUS WELL by Student Health 101

VILLANOVA ▾ MOVE ▾ FEEL ▾ EAT ▾ LEARN ▾ OVERCOME ▾ PROSPER ▾ RELATE ▾ SLEEP ▾ EMPOWER ▾

This week in CampusWell

- What is the Title IX office and how can it help me?
- 10 reasons why I love being an introvert
- FitnessU: 6 burpee variations to boost your heart rate

villanova.campuswell.com





- 🏠 [Health Promotion](#)
- [About Us](#)
- [Meet Our Staff](#)
- [FAQ's](#)
- [Thrive 365](#)
- [POWER](#)
- [Campus Well](#)
- [Sexual Assault Full Policy](#)
- [BASICS](#)
- [Events & Initiatives](#)
- [AlcoholEdu and SAPU](#)
- [Where is the Love?](#)

Nutrition

Are you confused by all the nutrition information out there? Or just have an interest in nutrition? Check out these helpful articles:

Nutrition 101

- [Build a Healthy Plate](#)
- [Rate Your Plate](#)
- [Caffeine](#)
- [Snack Attack](#)
- [Breakfast](#)
- [Phytochemicals](#)

Dietary Supplements

- [Energy Drinks](#)
- [Vitamins and Minerals](#)
- [Dietary Supplements](#)

Special Dietary Needs

- [My Vegan Plate](#)
- [Vegan Food Pyramid](#)
- [Veg Out](#)

Eating At Villanova

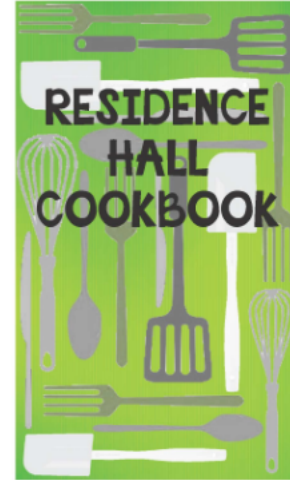
- [Apartment Cooking](#)
- [Eating Out - Higher Calorie](#)
- [Eating Out - Lower Calorie](#)

Food Trends

- [Trendy Food Terms](#)

Check Out All Our Recipes

- [Homemade Popcorn](#)
- [Warm Apple Cider](#)
- [Peanut Butter Oatmeal](#)
- [Pumpkin Bisque](#)
- [Easy Ramen Soup](#)
- [Nutritious Peanut Butter and Jelly](#)
- [Pumpkin Muffins](#)

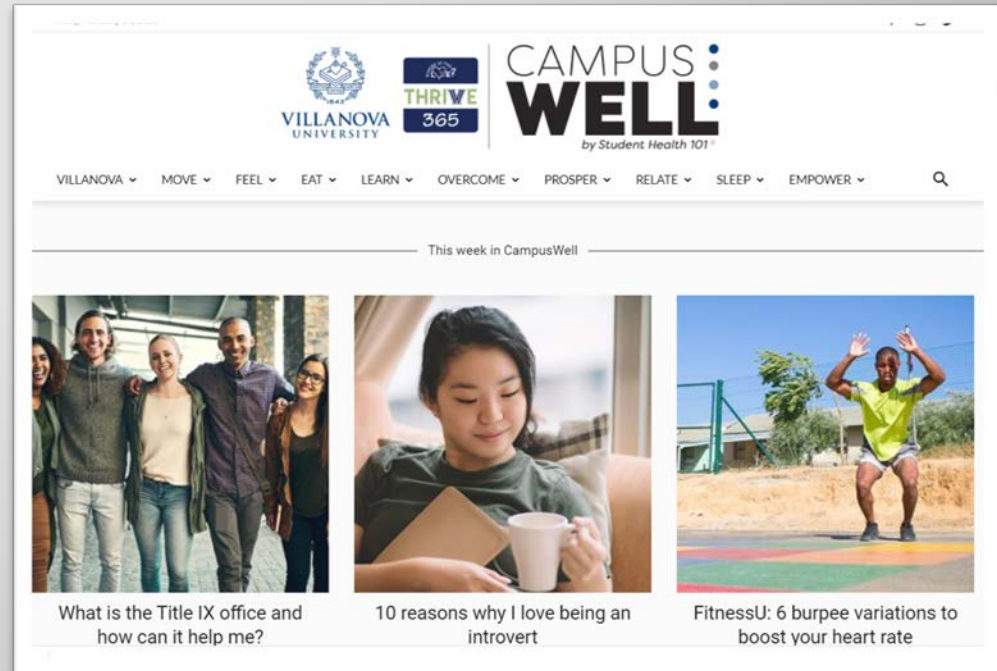


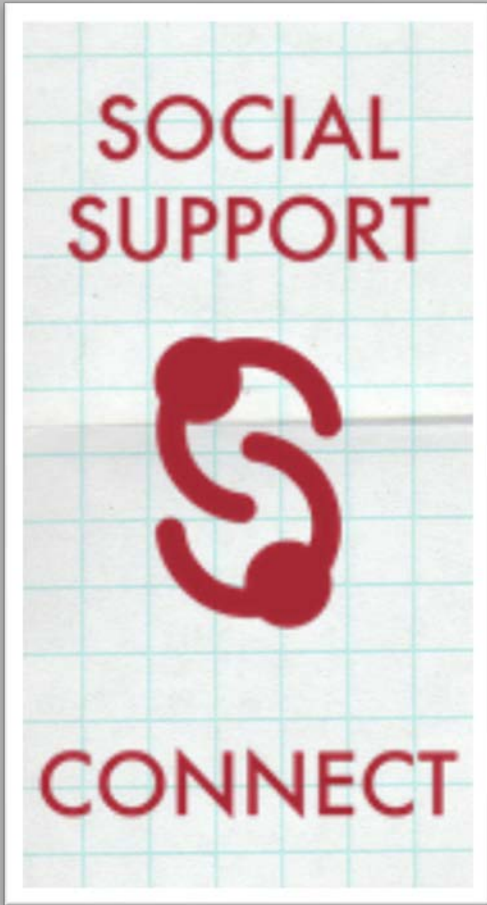
Click on our Cookbook Cover for our e-flip book or download the pdf below!

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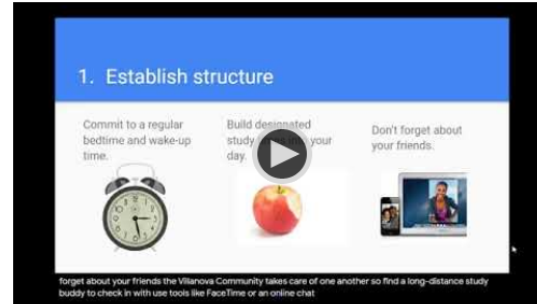
- 🏠 Learning Support Services
- Meet Our Staff
- For Students
- Prospective Students
- Faculty & Staff
- ClockWork
- Strategies and Resources for Academic Success
- Documentation Guidelines
- Read and Write Gold
- University Policy for Students with Disabilities
- ▼ COVID-19 Support
 - Student Resources for Taking Online Classes
 - Faculty Resources for Teaching Online Classes

Student Resources for Taking Online Classes

The transition to online classes and working from home is going to be an adjustment. LSS has developed resources for students to help them be successful during this period. Students should also check out the resources that UNIT has put together about [Learning Remotely](#).

Follow LSS on [Instagram](#), [Twitter](#), and [Facebook](#) @VillanovaLSS for additional study tips, techniques on how to manage your time and stay organized while working from home, and strategies for managing stress.

Getting Started: Tips for Working from Home



+ Learn How to Manage Your Time

+ Enhance Your Study Skills

+ Use Read & Write Gold: A Tool for Remote Learning

+ Learn How to Manage Your Stress

Contact Information

Office of Learning Support Services:
Villanova University
Learning Commons in Falvey
Suite 212
800 Lancaster Avenue
Villanova, PA 19085

Phone: 610.519.5176

Fax: 610.519.8015

Email:

learning.support.services@villanova.edu

Follow us on Twitter and Instagram:

@VillanovaLSS

Hours of Operation:

Monday through Friday

9:00 a.m. - 5:00 p.m.

[Meet Our Staff](#)

[Directions](#) to campus and [Campus Map \(PDF\)](#)

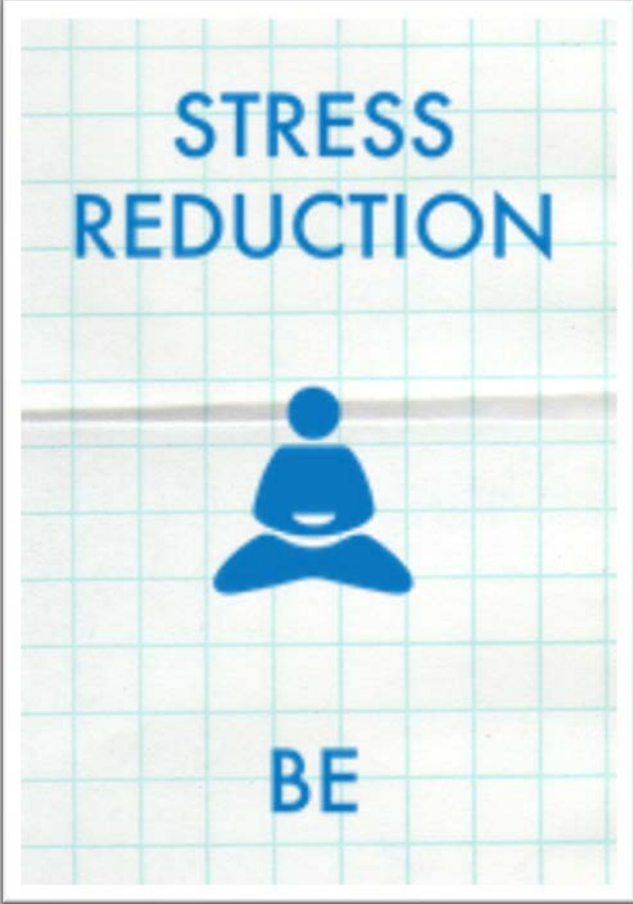
Quick Links

- [Academic Calendar](#)
- [Academic Support for Athletics](#)
- [Career Center](#)
- [Counseling Center](#)
- [Health Promotion](#)
- [Library](#)
- [Math Learning Resource Center \(MLRC\)](#)
- [Tutoring Services](#)

- Learning Support Services
- College of Professional Studies and Office of Intercultural Affairs virtual lounges
- University Counseling Center check-ins [610-519-4050]
- Sexual Assault Resource Coordinator [SARC] team [484-343-6028; sarc@villanova.edu]

- Active Minds Webinar and Chat Series [<https://www.activeminds.org/get-involved/special-events/>]
- Domestic Violence Hotline [1-800-799-SAFE]
- National Suicide Prevention Lifeline [1-800-273-8255]
- Searching for a local therapist? <https://www.psychologytoday.com/us/therapists>





In this week's edition, you'll find:

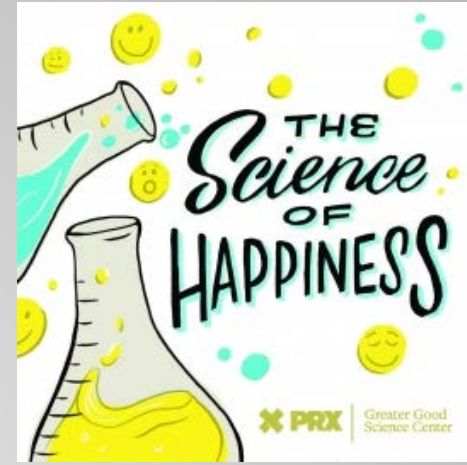
- Music Corner: Enjoy a rendition of "[Cry Out & Shout Alleluia](#)" by the Pastoral Musicians, Live from Assisi
- Ways to connect through our Campus Ministry [Slack](#) Group
- Prayer and Spirituality Opportunities:
 - Bilingual Rosary for students - [This Thursday at 8pm](#)
 - [Virtual Mass](#) at St. Thomas of Villanova Church ****Note New times!****
 - Common Ground- Bible study and prayer on [Sundays at 6 pm](#)
 - Centering prayer opportunities
 - Weekly Rosary on [Thursdays at 3 pm](#)
 - Opportunity to [submit prayer requests](#)
- Online Programs and Opportunities:
 - Earth Day Virtual Retreat - [April 22nd](#)
 - Augustinian Justice and Peace [Online Community](#)
 - Augustinian [Video Series](#)
- Service Opportunities on campus includes [Applications to be a COV leader](#) - Open Now!
- [Service Opportunities](#) you can take part in from home including a list of [donations needed at area hospitals](#)
- Campus Resources from the [Counseling Center](#), Emergency Assistance for Students, and [Seniors](#)

Campus Ministry Prayer, Reflection and Check-in Opportunities



<https://www.smores.com/g9raw-campus-ministry-check-in?ref=email-content#w-7497182860>

Online Mental Health & Well-Being Course
https://admin.fifoundry.net/en/villanova-university/sign_in



TEN
PERCENT
HAPPIER
tenpercent.com/live
Wednesdays at 3pm EST

Poll Question:

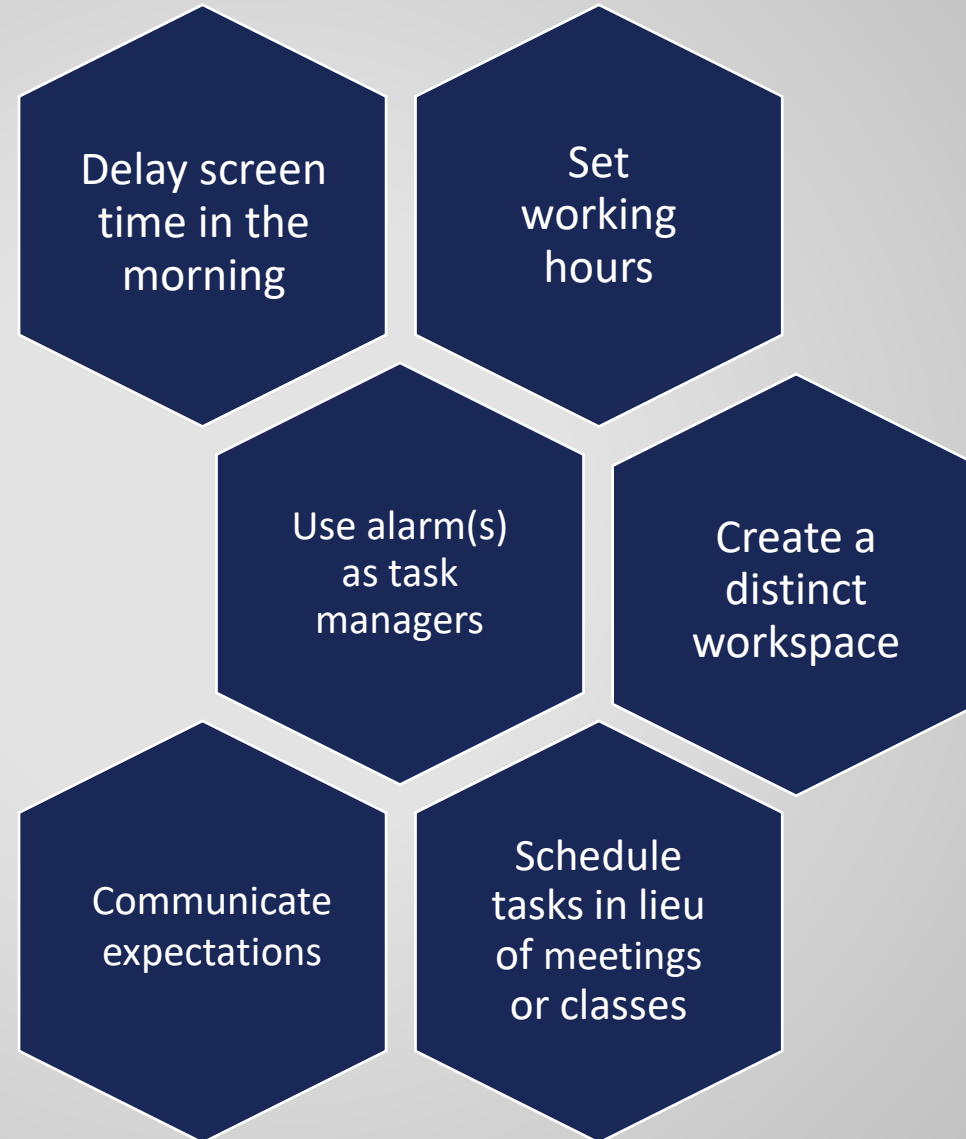
How much news do you consume
on an average day?



Reaction Time:

Using the various 'reaction' options available to you in Zoom, indicate whether or not you have some sort of daily routine that you are currently following.

Establish a routine



Chat Question 2:

What would thriving look like to you?



Office of Health Promotion

Health Services Building 113

www.villanova.edu/healthpromotion

healthbytes@villanova.edu

stacy.andes@villanova.edu

Additional resource for parents:

EverFi family portal

[\[https://everfi.com/k-12/parent-remote-learning/\]](https://everfi.com/k-12/parent-remote-learning/)



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