Student of The Month

Student: Emily Lewis, Clinical Mental Health Counseling

Favourite Wellness Activity: My favorite wellness activity is what I like to call ‘earthing’. I basically find a little patch of dirt or earth wherever I go, or simply sit in the grass and run my hands through it. Tending to my plants or finding rain. Just be with the earth and connect with the earth. It’s very grounding. I grew up spending a lot of time outside, so its very comforting to me. Also very accessible. Anyone can do this practice!

Wellness Tip: What’s been the most helpful for me has been taking a non-judgmental stance. Anything you do [for wellness] is enough. Don’t be too rigid. Consistency is important, but still allow flexibility. Don’t judge yourself or compare, it takes away the intention and essence of “wellness.”

Self-Care Practices: I do a lot with oils. Even if it’s as simple as messaging my feet with sesame oil and then putting socks on. Body oil has incredible effects on the nervous system. Giving yourself a massage with oils to me is an act of body love and positivity. Especially when I focus on areas that I’m self-conscious of. You can’t not love your body if you’re [giving it] love.

November Community Events

- One Team Scavenger Hunt: Nov 1 8:00 a.m. The Banks
- Jam Fest 18: Nov 2 6:00 p.m. Fretboard Brewing Company
- Turkey Bowl Fall Festival: Nov 3 11:00 a.m. Paul Brown Stadium
- Antique Christmas: Nov 3 11:00 a.m. Taft Museum of Art
- Delhi Vinyasa Flow: Nov 5 6:00 a.m. Earth Connection
- Novemberfest: Nov 10 10:00 a.m. Cincinnati Sports Club
- Home for the Holiday Craft/Vendor Show: Nov 10 10:00 a.m. Sharonville Convention Center

Wellness and Coaching Services:
No Charge For Xavier students

Kaity Rowe, M.S., CHES
Wellness & Coaching Coordinator
rowek3@xavier.edu
T: 513-745-3171
http://www.xavier.edu/health-wellness

McGrath Health & Wellness
| Xavier University
3800 Victory Pkwy, Cincinnati, OH
45207

This month we sat down with Emily Lewis, the studio director of the Clifton, Cincinnati, and Northern Kentucky Modo Yoga locations.

What is your role with Modo Yoga?
I am the Studio Director, overseeing our three studios; including managing the staff, scheduling, daily operations, and maintenance.

What is your favorite class offered?
I love the Slow Hot Flow Class!

What is the mission of your organization?
We follow seven philosophical pillars: Be Healthy, Be Accessible, Live Green, Community Support, Reach Out, Live to Learn, and Be Peace. We did a community survey last year, and found that students leave practice feeling our motto “Calm Mind, Fit Body, Inspired Life.” Additionally, we start and end each practice in a tech-free, unplugged silent zone. It is important to us that the teachers don’t lose the piece of mindfulness and connecting with breath. Some classes give you a workout, but we don’t just want to be a fitness gym. With regards to [the pillar] of community support, we want everyone who comes into the doors to be welcomed. It’s a lot of people’s happy place.

What does Modo Yoga offer?
We are known for our hot yoga, but we offer many other experiences. Pilates, barre, kids yoga, and ariel are just some of the other classes we have. One of the foundational practices is the Modo series. It works on breath, posture, longer holds, and alignment. Additionally, we also offer workshops to follow our ‘live to learn’ pillar. We have done Kombucha making workshops, and yoga nidra sound bath with the gong, energy healing, arm balancing, Meditation etc. Basically anything to expand one’s learning. Being accessible to the community is also very important to us. We have donation-based classes at Rhinegeist Brewery, 21C, and Smale Park. Sundays we have $5 drop in classes, and $10 happy hour classes on Fridays. Students can get discounted memberships at all locations! Overall, we don’t want to be an exclusive gym. We want everyone to experience what we have to offer.

Are there any special events coming up for the Holidays?
We have our annual Blessings Bags event on Saturday Dec 15th. We will be gathering necessities (toiletries, winter gear, etc.) or monetary donations the months of November and December at our three studio locations. The community can come together to assemble the bags and hand them out to those in need.

For more information on classes and memberships visit https://cincinnati.modoyoga.com/

Xavier students show this email to get a free class at any Cincinnati location!

---

Wellness Topic: Tiny Habits®

Tiny Habits® is a method developed by BJ Fogg, PhD, a behavior scientist at Stanford University. His method is based on the Fogg Behavior Model, which examines strength of motivation in relation to the difficulty of behavior change. Fogg proposes that simple, easy habit changes need less effort, and therefore, less motivation. That’s where Tiny Habits come in. What is a Tiny Habit? It’s a habit that takes less than 30 seconds to complete, occurs daily, and requires minimal effort. Often, remembering a new habit is half the battle, so it’s also crucial to find “anchor moments” in your day to which you can attach your new habit. Anchor moments are behaviors or practices that are already deeply ingrained in your daily routine; they are automatic. You always perform your Tiny Habit after the anchor moment. Finally, you must celebrate when you do your Tiny Habit! Habits tend to be stickier if there is a positive emotion associated with them. Tiny Habits can be used as starter steps to or mini versions of the larger goals you’d like to accomplish. For example, putting on walking shoes is a starter step to walking more, or flossing one tooth is a mini version of flossing your teeth.

To the left, examples of anchor moments, habits, and celebrations are listed. Use this to help form your own! What will your Tiny Habit be?
As part of BJ Fogg’s research on Tiny Habits, he offers a free five-day session on Tiny Habits. For more information or to join, go to: https://www.tinyhabits.com/join.
Why Gratitude?

Gratitude provides us with more than just a reminder of what we have in our lives. It can improve our physical and psychological health, enhance our relationships, reduce aggression, and help us get more sleep! Keeping a journal is an excellent visual way to keep track of what we are grateful for. Try and schedule a time in your day to fill out a journal. A good practice is to dedicate a time when you do daily tasks such as part of your nighttime routine or during breakfast.

Article: Psychology Today: 7 Scientifically Proven Benefits of Gratitude

Find more templates and information at: https://positivepsychologyprogram.com/gratitude-journal/