

THE WELL-STREET JOURNAL

Brought to you by Jan Morris in the Wellness Office

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.
~Robert Frost



Did you know??

Health officials recommend that people sneeze into their elbow, in a move sometimes called 'the Dracula' for its resemblance to a vampire suddenly drawing up his cape.

"When you cough into your hands, you cover your hand in virus," said study author Nick Wilson, an associate professor of public health at the Otago University campus in Wellington.

"Then you touch doorknobs, furniture and other things. And other people touch those and get viruses that way," he explained.

Source: <http://health.yahoo.net>

"Wishing and wanting to see you, I step on thin ice." ~Madoka Mayuzumi



~On-Going~

~~~~Indoor Kayak Sessions~~~~  
Fridays, 6-8 pm  
Ainsworth Dalton Pool Free!



~~~~Ski & Snowboarding Trips~~~~  
Every Friday, meet at Sage Hall, 3pm
\$25 per person + cost of rentals/lessons
To register: email smithoutdoors@smith.edu

~~~~Soup, Salad, and Soul~~~~  
Every Friday, 12pm-1pm  
Bodman Lounge, Chapel

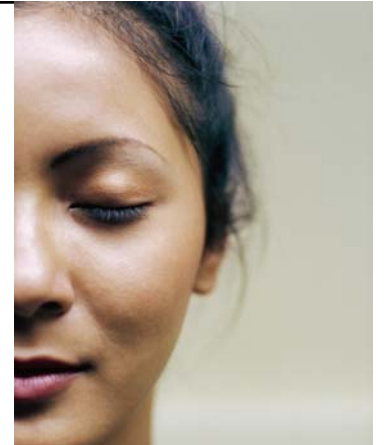
~~~~Free Thinkers~~~~  
Every Sunday, 1pm-3pm
Bodman Lounge, Chapel

ALSO: Get Fit Smith schedule:
www.smith.edu/athletics/getfit

Be sure to check the
Go! calendar at
www.smith.edu/go
for other upcoming fun,
stress-free events!!



RECIPE FOR WELL-BEING:

1. Maintain comfortable temperature
2. Get enough sleep
3. Bask in joy
4. Eat moderately
5. Express emotion
6. Rest when needed
7. Get enough exercise
8. Find reasons to laugh.
9. Practice mindfulness (stay in the present)



Jan/Feb 2011

Check out my weekly Words of Wisdom Blog!!
<http://sophia.smith.edu/blog/wordsofwisdom>

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 23 (January)
Smith Basketball vs. Springfield 7pm, Ainsworth | 24 Compliment Day! Give a sincere compliment! | 25 Opposite Day! Do & say everything opposite! | 26 Toad Hollow Day of Encouragement! | 27 Jittery's Live presents Joanna Burns 10pm TV Lounge | 28 National Kazoo Day! Play a kazoo! | 29 National Puzzle Day! Do a puzzle, any puzzle! |
| 30 Granville Woods died in 1910. (Google it.) | 31 Inspire Your Heart with Art Day! | 1 National Freedom Day! Reflect on your own freedom. | 2  GROUNDHOG DAY | 3 Break from the Norm 11am-1pm CC103/104 | 4 New York Polyphony a capella Sweeney, 8pm | 5 Snowshoeing Sage Hall 10 am, Free!! |
| 6 Trio Cavatina (piano) Sweeney Concert Hall 4pm | 7 Send a Card to a Friend Day! (You know what to do.) | 8 Kite Flying Day! (Here in New England??) | 9 National Stop Bullying Day! | 10 MFA Dance Concert Theatre 14 8pm | 11 Movie: Inception 7pm Stoddard | 12 Winter Overnight Camping!, email smithoutdoors@smith.edu |
| 13 Indoor Ice-Skating @ UMass, email smithoutdoors@smith.edu | 14  | 15 National Gumdrops Day! | 16 Do a Grouch a Favor Day! (Yes, you can!) | 17 Spoken Word with Andrea Gibson 9pm Carroll Rm | 18 Movie: The Town 7pm Stoddard | 19 Movie: The Town 1:30pm Stoddard |
| 20 Snowshoeing Sage Hall 10 am, Free!! | 21 Int'l Mother Language Day! Celebrate diversity of language. | 22 Single Tasking Day! Try doing one thing at a time. | 23 Inconvenience Yourself Day! Put someone else first. | 24 National Tortilla Chip Day! | 25 Movie: Salt 7pm Stoddard | 26 Movie: Salt, 1:30pm Stoddard |