



# Whole Body Health

YOUR GUIDE TO FEELING GREAT



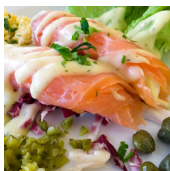
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# Meditation & Relaxation

YOUR STEP-BY-STEP GUIDE TO RELAX

## MEDITATION

- 1** Wear comfortable clothing and remove all accessories, including shoes, socks, jewelry, etc.
- 2** Sit in a comfortable sitting position. Use pillows, blankets, or a wall for support.
- 3** Maintain a strong posture by straightening your spine and resting open palms on top of your thighs.
- 4** Relax your body and close your eyes.
- 5** Take three deep, cleansing breaths and mentally let go of your thoughts within the internal and external environments.
- 6** Begin to breathe in through your nose and out through your mouth in a slow rhythm. Spend a few minutes letting go of the outside world until thoughts begin to become slow or non-existent.
- 7** Imagine you are sitting by the ocean, listening to the sound of the surf crashing. Absorb the calmness before the wave hits the sand, and let the peaceful awareness of stillness sweep your body.
- 8** Maintain this for as long as you can.

## RELAXATION

- 1 Schedule time to be off electronic devices (including TV) - 2h in mid-day and at least 2h before bed time (no electronics in the space you sleep or rest).
- 2 Take a walk in nature. Vitamin D from the sun can help to reduce stress hormones.
- 3 Rejuvenate with a face mask or a bubble bath.
- 4 Go with a friend to a group fitness class at the SRC. Hold each other accountable for a follow up visit. Exercise reduces stress hormones, improves mood, increases confidence and promotes sleep.
- 5 Schedule a massage or take a yoga class to deepen your relaxation. Reduce caffeine intake or switch from coffee to tea. If you notice that caffeine makes you jittery or anxious, consider cutting back.
- 6 Laughter can relieve your stress response, and reduce tension by relaxing your muscles.
- 7 Practice deep breathing - Mental stress activates your sympathetic nervous system, signaling your body to go into "fight-or-flight" mode.
- 8 During this reaction, stress hormones are released and you experience physical symptoms such as a faster heartbeat, quicker breathing and constricted blood vessels. Deep breathing exercises can help activate your parasympathetic nervous system, which controls the relaxation response.
- 9 Support another friend in their time to relax and rejuvenate - talk and do things together.



Hydro-massage chairs and sleep pods available at the Student Recreation Center.

# BREATHING EXERCISES

## **Neck and Shoulder Release**

Bring attention to your head, neck, and shoulders as you take a deep breath. Hold the breath for a moment and begin to exhale gently. Take another breath in, and gently raise your shoulders towards your ears. As you breathe out slowly, imagine all the tension from your head to your back starting to release. Allow your shoulders to drop with the exhale. Practice this several times.

## **Body Scan**

Take a deep breath in. Take an inventory of your body, focusing your attention slowly from your head to your feet. Notice any areas of tension or tightness. When you exhale, imagine the tension or pain begin to soften and release. Inhale, and repeat this process several times.

## **Four-Count Breath**

Breathe in slowly and deeply through your nose while counting to 4. Hold the breath for 4 counts, and then slowly breathe out through your mouth while counting to 4. Practice this several times.

## **Deep Breathing**

Place one hand on the lower part of your stomach and the other hand on top of your chest. Breathe out as you normally would, and notice the movement of your hands. Take another breath in, this time allowing the incoming air to expand the belly and gently push against your hand as you exhale. Imagine a balloon in our stomach that inflates when you inhale, and deflates when you exhale. Repeat this process several times.

## **Meditation Apps**

Insight Time

Stop, Breath, and Think

Calm

Headspace

10% Happier

Omvana by Mindvalley

The Breathing App

Meditation Studio by Muse

Meditation and Relaxation Pro

Simple Habit

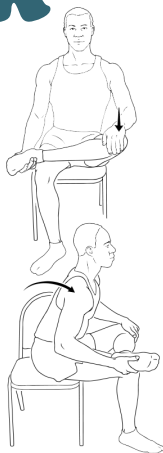
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# Stretch Break

## Seated Figure Four

One ankle on opposite knee, same-side hand on crossed knee. Gently press down on knee. Lean torso forward with flat back, until stretch is felt in hamstrings and gluteals of crossed-leg side.



## Back Rotation

Sit on edge of seat with one hand on opposite knee, other on chair. Gently pull with hand on knee and, if needed, push with hand on chair to rotate trunk on that side.



## Chest

Clasp hands behind back. While looking up, squeeze shoulder blades. Feel stretch across front of chest. Keep hands close to body.



## Mid-Back

Sit on chair. Lean forward. For deeper stretch, reach arms toward back legs of chair. To return, put forearms on knees and press up.



# Nutrition & Recipes

EAT GREAT - FEEL GREAT



## Containers

Meal prepping requires a lot of containers so make sure you're stocked up. Find containers you like that are sturdy and leak-proof. Look on Amazon, Bed Bath and Beyond, Home Depot, etc.



## Meal Plan

Think about how many meals you will need to prep for the week. Create a grocery list and set aside time to prep. You should be making meals with vegetables, whole-grains, protein, and fruit.



## Prep

It's very important to have a designated time to meal prep so that you aren't rushing. This is all about saving time and eating right. Pick a day (preferably one on the weekend) when you can prep all your meals for the week.



## PORTION YOUR PLATE

All the food groups you should incorporate into your diet.

### **Non-starchy vegetables and fruits**

This includes foods like broccoli, mushrooms, spinach, tomato, artichokes, etc. It is good to add a piece of fruit like an apple or 1/2 cup of fruit salad to your meal.

### **Proteins and Fats**

It's best to have some sort of lean meat, poultry, or fish. Healthy fats include avocados, nuts, chia seeds, oily fish, cheese, etc.

### **Milk & Dairy**

It is important to keep the level of dairy intake to a minimum. Dairy is a good source of calcium and vitamin D. Adult men and women should consume under 3 cups of dairy per day.



### **Whole grains and starches**

Whole grains such as pasta or brown rice are a great source of fiber, B vitamins and minerals which help to reduce cholesterol.

### **Portion Control**

Divide your plate into three sections so you are eating the right amount of each food group. Half of your plate should be filled with non-starchy vegetables for the greatest source of nutrients. The other half of your plate should be split into two quarters. One quarter should have your source of protein and the other your choice of whole grain. You can add a small amount of fruit and dairy on the side for the perfect balanced meal.



# Salmon

## 4 WAYS

Photo courtesy CCO Public Domain

### GARLIC BUTTER SALMON

#### Ingredients

1 oz small white potato, thinly sliced  
3 tablespoons butter, melted  
1 clove garlic, minced  
2 tablespoons fresh parsley, chopped

Salt, to taste  
Pepper, to taste  
6 oz skinless salmon

#### Tools

Parchment paper, or aluminum foil (12×18 inches)

#### Directions

1. Preheat the oven to 350°F (180°C).
2. Fold the parchment paper in half, then open up.
3. On one half of the parchment, arrange the sliced potatoes.
4. In a small bowl combine the butter, garlic, and parsley.
5. Drizzle half of the garlic butter mixture over the potatoes.
6. Season with salt and pepper.
7. Lay the salmon over the potatoes, and drizzle over the remaining garlic butter.
8. Season with salt and pepper.
9. Fold the parchment paper over the salmon, and cinch the paper together by folding it over itself along the edges.
10. Bake for 30 minutes or until internal temperature of salmon reaches 145°F (63°C).
11. Enjoy!



# TOMATO PESTO SALMON

## Ingredients

Asparagus  
Olive oil to taste  
Salt & pepper to taste  
6 oz. skinless salmon  
2 tbsp. pesto  
10 cherry tomatoes,  
halved

## Tools

Parchment paper or  
aluminum foil (12x18  
inches)  
Baking Sheet  
Cutting board and  
knife

## Directions

1. Preheat oven to 350°F/180°C.
2. Fold the parchment paper in half, then open up.
3. On one half, lay down the green beans.
4. Drizzle oil and sprinkle salt & pepper.
5. Lay the salmon on the green beans, and spread on the pesto. Top with tomatoes.
6. Fold the parchment paper over the salmon, and cinch the paper together by folding it over itself along the edges.
7. Bake for 20 minutes or until internal temperature of salmon reaches 145°F/63°C.
8. Enjoy!

Inspired by [www.cookingclassy.com](http://www.cookingclassy.com)

# TERIYAKI SALMON

## Ingredients

½ cup carrots, thinly  
sliced  
1 cup broccoli florets  
Olive oil to taste  
Salt & pepper to taste  
6 oz. skinless salmon  
2 Tbsp. teriyaki sauce

Pineapple Rings (to  
top off the salmon)

## Tools

Spoon  
Parchment paper or  
aluminum foil (12x18  
inches)

## Directions

1. Preheat oven to 350°F/180°C.
2. Fold the parchment paper in half, then open up.
3. On one half, lay down the broccoli and carrots.
4. Drizzle oil and sprinkle salt & pepper.
5. Lay the salmon on the veggies, and pour on teriyaki sauce.
6. Fold the parchment paper over the salmon, and cinch the paper together by folding it over itself along the edges.
7. Bake for 20 minutes or until internal temperature of salmon reaches 145°F/63°C
8. Enjoy!

Adapted from [www.buzzfeed.com](http://www.buzzfeed.com)

# LEMON DILL SALMON

## Ingredients

9 oz asparagus  
Olive oil, to taste  
Salt, to taste  
Pepper, to taste  
7 oz skinless salmon  
3 slices white onion

2 slices lemon  
1 sprig fresh dill

## Tools

Parchment paper, or  
aluminum foil (12×18  
inches)

## Directions

1. Preheat oven to 350°F (180°C).
2. Fold the parchment paper in half, then open up.
3. On one half, lay down the asparagus.
4. Drizzle oil and sprinkle salt & pepper.
5. Lay the salmon on the asparagus, and add more oil, salt, and pepper.
6. Place the onion, lemon, and dill on the salmon.
7. Fold the parchment paper over the salmon, and cinch the paper together by folding it over itself along the edges.
8. Bake for 20 minutes or until internal temperature of salmon reaches 145°F (63°C).
9. Enjoy!

# YOGURT PARFAIT

## As a Snack

1/2 cup of yogurt

Calories : 67

Protein 12g

Fat 0g

Carbs 4.7g

1/4 cup of fruit

Calories : 35

Protein .5g

Fat 0g

Carbs 7.5g

1/4 cup of granola

Banana Coconut  
Granola

Calories : 140

Protein 2g

Fat 7g

Carbs 16.5g

Big batch of granola

Calories : 78

Protein 1.5g

Fat 5.35g

Carbs 6.5g

## As a Meal

1 cup of yogurt

Calories : 134

Protein 24g

Fat 0g

Carbs 9.3g

1/2 cup fruit

Calories : 70

Protein 1g

Fat 0g

Carbs 15g

1/3 cup granola

Banana Coconut  
Granola

Calories : 279

Protein 4g

Fat 7g

Carbs 33g

Big batch of granola

Calories : 155

Protein 3g

Fat 10.7g

Carbs 13g

# 30 MINUTE CHICKEN TACOS



This image was originally posted to Flickr by jeffreyw at <https://www.flickr.com/photos/7927684@N03/9416723321>

## Ingredients

- |                                      |   |
|--------------------------------------|---|
| 3 garlic cloves, minced              | tomato sauce                                |
| 1 large onion, finely chopped        | 1 1/2 cups frozen corn                      |
| 2 large bell peppers, finely chopped | 1/2 cup cilantro, chopped                   |
| 1 tbsp avocado oil                   | 1 bunch radishes, sliced                    |
| 1 lb ground chicken                  | 1 tsp salt                                  |
| 1 tbsp organic taco seasoning        | Organic corn tortillas                      |
| 1 tsp smoked paprika                 | Lime, cheese, and greek yogurt, for serving |
| 1 cup low sodium                     |   |

## Directions

1. Preheat a larger ceramic nonstick skillet on medium heat and swirl oil to coat. Add garlic and onion, sauté for 2 minutes, stirring occasionally. Add bell pepper and sauté for 7 minutes, stirring occasionally.
2. Add chicken, taco seasoning, smoked paprika and cook for 5 minutes, stirring occasionally and breaking chicken into pieces. Decrease heat to low, add tomato sauce and corn, and cook uncovered for 10 minutes.
3. Add cilantro radishes and salt; stir. Serve hot over corn tortillas with lime, crumbled feta or shredded Monterey Jack cheese and Greek yogurt.

# How to create a healthy classroom environment

TIPS FOR IMPROVING CLASSROOM PRODUCTIVITY AND BUILDING RELATIONSHIPS WITH COLLEAGUES AND STUDENTS.

## **Be Mindful Of Deadlines & Workload**

Be mindful of set deadlines and the workload assigned to ensure students are not being overwhelmed. Consider timing of exams and be aware of major holidays. Clearly communicate grading and deadlines to students.

## **Encourage Breaks**

Encourage physical activity breaks. Stretching and standing have positive impacts on student's academic performance. Incorporate moments of meditation and self-reflection. This can stimulate physical activity levels and increase engagement.

## **Be Flexible And Offer Options**

Providing students with some flexibility and control over their learning experience allows them to feel empowered, supported, and contributes to their well-being. Give students options of their grade (best assignment out of two). Offer choices of assignments.

## **Share Resources**

The importance of sharing resources and wellness information is to ensure students feel supported by their campus community and have the opportunity to succeed. Include sample health and well-being messages in syllabus. Share general mental health information. Familiarize yourself with student resources.



## **Connecting With Students**

Connecting to students on a personal level will create a productive environment that allows students to feel comfortable and supported. This improves their ability to learn. Encourage students to attend office hours. Talk about yourself and your experiences and encourage students to do the same.

## **Connect Students To Community**

Getting students connected to their local and individual communities gives them the opportunity to make a difference. This can be beneficial to their overall well-being. Encourage students to seek extracurriculars.

## **Be Welcoming**

Setting a welcoming tone is one of the many ways that can cultivate a more friendly and positive learning and working space for students. Creating a safe space in the classroom environment is important for students. Show enthusiasm for the subject. Be positive, supportive, and personable.

## **Provide Opportunities**

Providing students opportunities to engage with the real world will help promote their professional and personal skills. These fundamental skills contribute to their success after graduation. Incorporate skill-building activities in class and find ways to build this throughout the course.

**Be  
Mindful**

**Be  
Flexible**

**Be  
Welcoming**





## **Provide Feedback & Advice**

Providing timely feedback and helpful advice allows for students to discover their challenges early on and work to improve throughout the course. Provide timely and specific feedback and outline ways students can improve. Ask students about what concepts they'd want to learn more about.



## **Tobacco Free**

Remind students that UCR is a tobacco free campus. Electronic cigarettes and like products contain high dosages of nicotine which can significantly affect students performance. Nicotine can cause anxiety, behavioral changes, and more health related problems.



## **Connect Students To Each Other**

Positive group experiences have shown to contribute to student learning and overall college success. Students are able to develop communication and teamwork skills that are increasingly important for the professional world.



## **Mental Health**

Mental health is extremely important so ensure students of the support provided by UCR. Provide information about programs held by UCR SRC, Healthy Campus, and Active Minds on campus that support mental health. Show your students that you care.



# Five ways to De-Stress

LEARN HOW TO RELAX

## **Meditate**

Habitual meditation can reduce levels of stress and anxiety. Take a few minutes out of your day to meditate. Try focusing on something and deepen your concentration.

## **Take A Walk**

Going for a walk is a great form of exercise as well as a way to clear your mind. It 's important to step out of the office every now and then for some fresh air.

## **Sleep**

Adults should be getting 7 to 9 hours of sleep every night. For better sleep; exercise daily, avoid caffeine at night, and turn off your electronics.

## **Stretch**

Get up from your desk and do a couple of stretches. This will increase your level of energy and it's good for your body.

## **Drink Hot Tea**

Drinking non-caffeinated tea before you go to sleep is a great habit. Peppermint and chamomile teas are best for relaxing.

## **Go Green with your Caffeine!**

Drink Green Tea. It Improves brain function, boosts metabolic rate and increases fat burning, kills bacteria, and lowers cholesterol.

# Whole Body Health

MORE AT [WWW.RECREATION.UCR.EDU](http://WWW.RECREATION.UCR.EDU)