lewis campus recreation

JAN/FEB 2026 EDITION

STALL STREET NEWS

Mental Wellness Month

What is Mental Wellness?

Mental Wellness Month, celebrated each January, encourages us to pause and care for our emotional and psychological well-being. Mental wellness is the ongoing practice of understanding your thoughts and feelings, managing stress, and developing healthy coping skills so you can navigate daily life with balance and resilience.

One simple way to support mental wellness is through mindfulness. Mindfulness means paying attention to the present moment with openness and without judgement. By noticing your thoughts, emotions, and physical sensations as they arise, you can reduce stress and feel more grounded.

HOW TO PRACTICE MENTAL WELLNESS

- The **3-Minute Breathing Space** is a quick mindfulness exercise designed to help you pause, reset, and reconnect with the present moment.
  - 1) The first minute is spent on answering the question "how am I doing right now?" focusing on the feelings, thoughts, and sensations
  - 2) The second minute is spent on keeping awareness of the breath
  - 3) The last minute is used for an expansion of attention outward from the breath, feeling the ways in which your breathing affects the rest of the body
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*****Looking for wellness resources?*****

QR code for the WELL

QR code for the Timely Care App for 24/7 access

Follow us on social media!
@lifeatlewisu

Eating Disorder Awareness Month

National Eating Disorder Awareness Month (February) aims to deepen understanding of eating disorders, reduce stigma, and encourage individuals to seek support when needed. Health professionals emphasize the importance of nurturing a healthy relationship with food, body image, and overall mental well-being throughout the year. For more information, visit the National Eating Disorders Association at www.nationaleatingdisorders.org.

Upcoming Event

3rd Annual Winter Welcome Fair
1/28/26 (11 am in Fieldhouse)

Free Group Exercise Class

Monday
Spin+Lower Body (12pm)
Pilates (2:15pm)
Tuesday
Spin+Upper Body (12pm)
Pilates (2:15pm)
Country Line Dance (4:15pm)
Wednesday
Spin+Core (12pm)
Yoga (2:15pm)
Thursday
Spin+TotalBody(12pm)
Circuit Training (4:15)
Friday
Yoga/Pilates (12pm)

Group Fitness

Intramurals