



HOKIE WELLNESS

FINDING BALANCE

Weaving wellness into your life

September 28, 2016 ▶ The Inn at Virginia Tech

Program		Location
7:30-9 a.m.	Check-in/registration	Latham Foyer
8-8:30 a.m.	Tai-Chi, Matthew Komelski (optional morning activity)	Latham Ballroom A
8:45-9 a.m.	WELCOME	Latham Ballroom CDEF
9-10 a.m.	Keynote: The Science of Self-Compassion, Kristin Neff	Latham Ballroom CDEF
	Self-compassion involves treating ourselves kindly, like we would a close friend we cared about. Rather than making global evaluations of ourselves as “good” or “bad,” self-compassion involves generating kindness toward ourselves as imperfect humans, and learning to be present with the inevitable struggles of life with greater ease. It motivates us to make needed changes in our lives not because we’re worthless or inadequate, but because we care about ourselves and want to lessen our suffering. This talk will present theory and research on self-compassion, which a burgeoning empirical literature has shown to be powerfully associated with psychological wellbeing.	
10-10:15 a.m.	Break	Latham Foyer
10 a.m.-2 p.m.	Flu vaccination clinic provided by Kroger, no need to pre-register. Bring your insurance I.D.	Latham Foyer
	Exhibitor tables open	Latham Foyer
10:15-11:15 a.m.	MORNING BREAKOUT (THREE OPTIONS)	
	Stress Management, Susan Swan	Latham CDEF
	Stress is unavoidable, yet is highly manageable. This session will help you identify stressors in all areas of life – nutrition, exercise, sleep, finance, relationships and time management; and provide perspective and healthy resources for managing it.	
	Tips to Improve Sleep, Laurie Fritsch	Assembly Hall
	Who doesn’t want to sleep better? This session will provide the recent research on sleep and its impact on health and well-being, as well as, tips to improve your sleep starting tonight.	
11:15 a.m.-12 p.m.	Introduction to Mindfulness, Patricia Haak & Lauren Naldo	Cascades Room
	Do you ever feel like you are operating on auto-pilot instead of being fully aware of your experience? Or maybe you just go through the motions, losing touch with yourself and others. This session will provide opportunities to encounter mindfulness through experiential exercises, learn the benefits of mindfulness, and learn how to practice it in your daily life.	
	ACTIVITY BREAKOUT SESSIONS (THREE OPTIONS)	
	BODYFLOW™, Shelly Rasnick and Krista Gwilliam	Cascades Room
11:15 a.m.-12:15 p.m.	Zumba, Steven Trotter (cancelled if inclement weather)	Great Lawn
	Mindful Walk, Amy Epperley	Meet in Latham Foyer
11:15 a.m.- 12:15 p.m.	Art and Mindfulness, Robin Scully Boucher	Latham CDEF
	As participants in the world around us we often become disengaged with the actual places which we inhabit. Art and Mindfulness: Connecting to Place through Art Making is an interactive session designed to make us more aware of our relationship to the world. No art experience required. Sketchbooks and drawing implements provided.	

LIVE ◀ LEARN ▶ WORK

Presented by
Human Resources and
Division of Student Affairs

www.hokiewellness.vt.edu



VirginiaTech.



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Program		Location
12:15-1 p.m.	Lunch	Latham AB
1:15-2 p.m.	Finding Your Passion and Purpose, Frank Shushok	Latham CDEF
	Frank Shushok's talk will challenge participants to find renewed purpose and passion through becoming more reflective, service-minded, and love-oriented.	
2-2:15 p.m.	Break	Latham Foyer
2:15-3:15 p.m.	AFTERNOON BREAKOUT (FOUR OPTIONS)	
	Building and Preserving Your Financial Wellness, Alex White	Latham CDEF
	Ever hear the phrase "don't sweat the small stuff"? When it comes to your personal finances, many problems are caused by the small stuff. Alex will talk with you about practical ways of improving your financial condition and reducing your stress level. Topics will include budgeting, credit cards, credit scores, retirement planning, and whatever else you want to discuss.	
	Healthier Dining Options on Campus, Ashley Foster	Duck Pond Room
	Learn about the variety of foods served at the dining centers across campus, how to incorporate healthy, balanced foods into your day, and how to maximize your lunch break.	
	Tips to Improve Sleep, Laurie Fritsch	Assembly Hall
	Who doesn't want to sleep better? This session will provide the recent research on sleep and its impact on health and well-being, as well as, tips to improve your sleep starting tonight.	
3:30-4:30 p.m.	Introduction to Mindfulness, Trish Haak and Lauren Naldo	Cascades Room
	Do you ever feel like you are operating on auto-pilot instead of being fully aware of your experience? Or maybe you just go through the motions, losing touch with yourself and others. This session will provide opportunities to encounter mindfulness through experiential exercises, learn the benefits of mindfulness, and how to practice it in your daily life.	
3:30-4:30 p.m.	Closing Keynote: The Practice of Self-Compassion, Kristin Neff	Latham CDEF
	The vast majority of people are much more compassionate to others than they are to themselves. In fact, being kind and supportive toward oneself can feel awkward and uncomfortable at first, breaking a lifelong habit of harsh self-criticism. This presentation will help us learn how to be more self-compassionate using simple and surprisingly easy practices that can be applied in everyday life.	



Kristin Neff - Keynote Speaker

Kristin Neff, Ph.D. is widely recognized as one of the world's leading experts on self-compassion, being the first one to operationally define and measure the construct more than a decade ago. In addition to her pioneering research into self-compassion, she has developed an eight-week program to teach self-compassion skills in daily life, co-created with her colleague Chris Germer, called Mindful Self-Compassion (MSC). Her book, *Self-Compassion*, was published by William Morrow in April, 2011.

Find out more at self-compassion.org.

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