### SOME POSSIBLE SIGNS OF EMOTIONAL WELL-BEING

- Living in the moment
- Sleeping soundly
- Letting resentments go
- Being able to “switch off” & relax
- Being hopeful
- Feeling connected
- Being comfortable with oneself
- Having empathy

### FUN FACTS

1. Hugging someone for at least 20 seconds releases oxytocin, a hormone that promotes feelings of love and bonding.
2. Taking a few minutes each day to practice deep, mindful breathing can significantly reduce stress and improve overall emotional well-being.
3. Listening to music can have a profound impact on your mood.
4. Cultivating a habit of gratitude has been linked to improved mental health.

### FACT OR FICTION?

1. You Need to Follow a Specific Religion to Be Spiritually Well.
   - Fiction!
   - Fact!
3. Spiritual Wellness Is a One-Size-Fits-All Concept.
   - Fiction!
   - Fact!

### GET TO KNOW THE COACHES

- **Gania**: I like to go out into nature as I feel that the fresh air and scenery tend to help me calm down.
- **Bhumika**: I have started reading motivational books recently, it really helps me to calm down. I also like listening to calming music.

### FEEDING THE SOUL: NOURISHING YOUR SPIRIT THROUGH THE ART OF COOKING

In a small mixing bowl, beat eggs with milk. Season with salt and pepper. Heat olive oil in a nonstick skillet over low to medium heat. Add eggs and swirl to coat bottom of the pan. Let eggs set, about 2 minutes. Place few spinach leaves, tomato slices & cheese on one side of omelet. Gently fold other half over the top of the cheese. Press slightly. Allow cheese to melt, about 1 minute. Remove from pan, serve with whole wheat toast, and enjoy!

Makes 1 serving.

### CAMPUS RESOURCES

- C-CAPS Office: [https://www.njit.edu/counseling/](https://www.njit.edu/counseling/)
- Peer Wellness Coaching: [https://www.njit.edu/healthservices/peer-coaching](https://www.njit.edu/healthservices/peer-coaching)
- Campus Health and Wellness: [https://www.njit.edu/healthservices/](https://www.njit.edu/healthservices/)
- Cultural & Spiritual Student Organizations: [https://njit.campuslabs.com/engage/organizations?categories=12127](https://njit.campuslabs.com/engage/organizations?categories=12127)

### GAMES FOR THE SPIRIT

[https://www.deepfun.com/games-for-the-spirit/](https://www.deepfun.com/games-for-the-spirit/)

### RECIPE OF THE MONTH - BY COACH BHUMIKA

**Feeding the Soul: Nourishing Your Spirit through the Art of Cooking**

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