

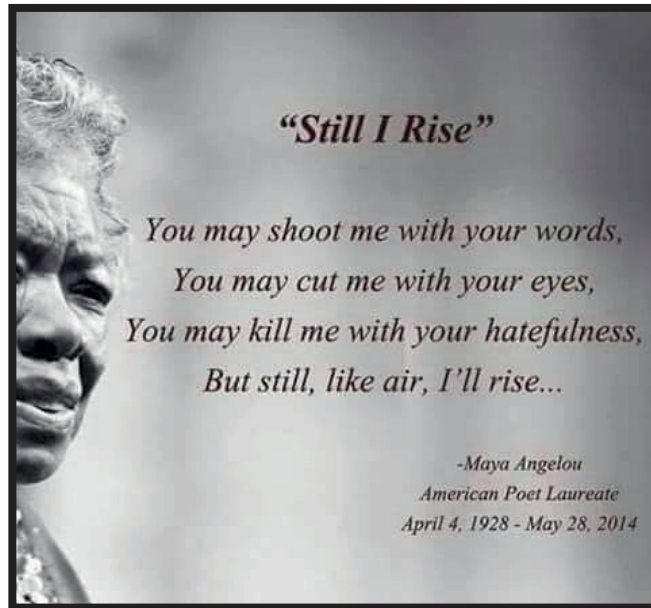


Mindfulness Mondays

An Open Campus Wellness Publication

In this issue:

- Monday Motivation Keys to Self-Motivation
- How Trauma Impairs Brain Functions
- Growth Mindset—Helping Children Choose Empowering Beliefs
- Improving Your Mobility
- Men’s Workout Routine to get Big and Ripped
- Intense 3 Day Women’s Workout Routine
- Quote of the Week
- Joke of the Day
- Nutrition Corner



Monday Motivation 'Keys to Self-Motivation'

<https://www.youtube.com/watch?v=59CmEKAjBzY>

Mental Health Support:

How Trauma Impairs Brain Functions:

<https://thebestbrainpossible.com/trauma-impairs-brain-memory/>

Growth Mindset—Helping Children Choose Empowering Beliefs:

<https://www.schoolrubric.com/growth-mindset>

Workout Corner:

Improving Your Mobility:

<https://www.gymaholic.co/articles/how-long-you-should-stretch-for>

Men’s Workout Routine to get Big and Ripped:

<https://www.gymaholic.co/articles/men-workout-routine>

Intense 3 Day Women’s Workout Routine:

<https://www.gymaholic.co/articles/intense-women-workout-routine>



Joke of the Day

There are 2 muffins baking in an oven. One muffin says to the other, “Pheew, is it getting hot in here or is it just me?” The other muffin says **“AAAAHHHHH! A talking muffin.”**

'Quote of the Week'

“In today's rush, we all think too much... seek too much... want too much... and forget about the joy of just being.”

Eckhart Tolle

Nutrition Corner

Curried Kale with Mushrooms



<https://www.youtube.com/watch?v=vQjqdxyoyhw>