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*Wellness*

Transition from the end of the semester into winter break with 12 days of mindfulness and wellness practice put together by our LinkedIn Learning partners in collaboration with the Office of Instructional Technology. If you are new to LinkedIn Learning, [you'll need to sign into your account to get activated!](#) Once you're ready to go, use this calendar to schedule a few "me" minutes every day to ease yourself out of the semester and into a more balanced mindset.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>7</p> <p><b>Video</b> : <a href="#">Handling Nervousness</a> (3m 58s)</p> <p><i>From the course: <a href="#">Communicating with Confidence</a></i></p>	<p>8</p> <p><b>Video</b> : <a href="#">How Resilient Are You?</a> (3m 7s)</p> <p><i>From the course: <a href="#">Building Resilience</a></i></p>	<p>9</p> <p><b>Video</b> : <a href="#">The Basics of a Good Practice</a> (3m 13s)</p> <p><i>From the course: <a href="#">Mindfulness Practices</a></i></p>	<p>10</p> <p><b>Video</b> : <a href="#">Gentle, Relaxing, Cozy Flow</a> (21m 09s)</p> <p><i>From the site: <a href="#">Yoga with Adrienne</a></i></p>	<p>11</p> <p><b>Video</b> : <a href="#">Guided Meditation: Self-Appreciation</a> (7m 48s)</p> <p><i>From the course: <a href="#">Meditation and Sleep</a></i></p>	<p>12</p> <p><b>Article</b> : <a href="#">Decluttering Activity</a> (&lt;5 minute read)</p> <p><i>From the site: <a href="#">Zen Habits</a></i></p>	<p>13</p> <p><b>Podcast</b> : <a href="#">Taking a Step Back</a> (95 minutes)</p> <p><i>From the Podcast: <a href="#">10 Percent Happier with Dan Harris</a></i></p>
<p>14</p> <p><b>Video</b> : <a href="#">Identifying Digital Triggers</a> (4m 31s)</p> <p><i>From the course: <a href="#">Learning to Unplug and Recharge</a></i></p>	<p>15</p> <p><b>Video</b> : <a href="#">Moving Your Body</a> (6m 55s)</p> <p><i>From the course: <a href="#">Learning to Unplug and Recharge</a></i></p>	<p>16</p> <p><b>Video</b> : <a href="#">Guided Body Scan</a> (8m 36s)</p> <p><i>From the course: <a href="#">Learning to Unplug and Recharge</a></i></p>	<p>17</p> <p><b>Video</b> : <a href="#">Yoga at your Desk</a> (6m 23s)</p> <p><i>From the site: <a href="#">Yoga with Adrienne</a></i></p>	<p>18</p> <p><b>Article</b> : <a href="#">3 Mindful Practices</a> (&lt;5 minute read)</p> <p><i>From the site: <a href="#">Mindful</a></i></p>	<p>19</p> <p><b>Podcast</b> : <a href="#">How to Do Nothing</a> (55 minutes)</p> <p><i>From the Podcast: <a href="#">Hurry Slowly</a></i></p>	<p>20</p> <p><b>Music</b> : <a href="#">Soothing Music</a> (6 Hours)</p> <p><i>From: <a href="#">NPR Music Staff</a></i></p>