

# Wellness Monthly



## MINDFUL EATING



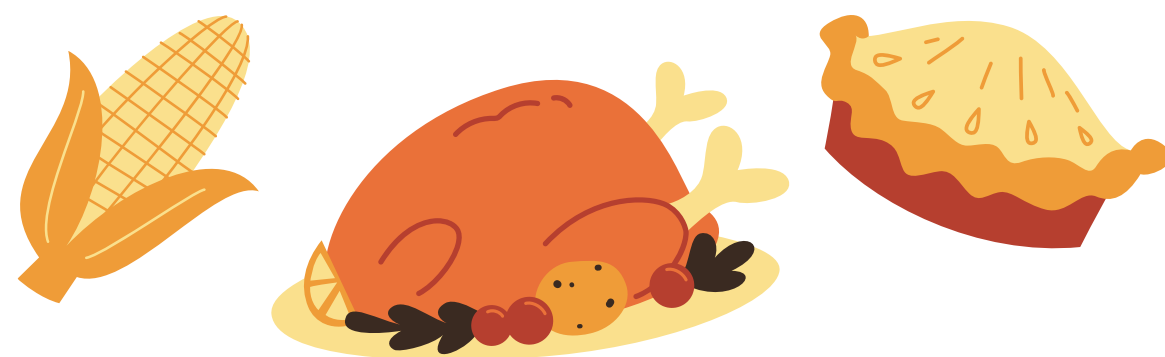
### What is it?

“Mindful eating is the practice of being fully attentive to your food, your feelings, your hunger, and your satiety cues. It’s about eating consciously, engaging all senses, and acknowledging responses, feelings, and physical cues like hunger or fullness.”



### Benefits

- Promotes better enjoyment and appreciation of food
- Helps curb cravings
- Improves digestion
- Helps regulate eating patterns
- Creates a more positive attitude towards food and ourselves



### Methods



Listen to when your **body** feels full.



Understand when you are responding to an **emotional need** or a **nutritional need**.



Get into a **routine for eating!** Take time to sit at a table, plate your food, and use utensils.



Determine what your **comfort foods** are versus what food are **nutritious** for you.



**Stop multitasking** while you eat! Put down your phone and focus on your food.

# NATIVE AMERICAN HERITAGE MONTH

**First recognized  
and celebrated  
in the United  
States in 1990!**

“A time to **celebrate traditions, languages, and stories** of Native American, Alaska Native, Native Hawaiian, and affiliated island communities and ensure their rich histories and contributions continue to thrive with each passing generation.”

**The University of Wisconsin-La Crosse occupies the ancestral land of the Ho-Chunk people.** The Ho-Chunk Nation is comprised of 12 clans in two district mioeties. In addition, the Ho-Chunk Nation owns land in 14 Wisconsin counties, including in La Crosse



La Crosse was originally called **Hinukwas Eja** (hee-nook-was aja) after the shape of two hills nearby. Then in 1673, french colonists visted the area and called it Prairie à la Crosse. This continued until the late 1800s when locals dropped the “Prairie.”

**Did you know?** The Truman T. Lowe Center for the Arts is named after a former UWL alumni that grew up in the Ho-Chunk community. Lowe is recognized as one of UWL’s most accomplished alumni.

## What is Transgender Awareness Week?

- Brings transgender people and their allies together. 
- Educates the public about transgender identities
- Shares stories and experiences.
- Advances advocacy about issues of prejudice, discrimination, and violence that affects the transgender community.



**Celebrate on November 13 - 19, 2024**

**Be an ally every week!**

- Remember, you can't tell if someone is transgender just by looking.
- Don't make assumptions about a person's sexual orientation.
- If you don't know what pronouns to use, listen first.
- Be careful about confidentiality, disclosure, and "outing."
- Respect the terminology a transgender person uses to describe their identity.
- Be patient with a person who is questioning their gender identity.
- Don't ask a transgender person what their "real name" is.



**Check out the  
Pride Center!**



Located in the COVE in the Student Union!

They aim to affirm, include, and celebrate people across gender identity, gender expression, sexual and romantic attractions.



# Resources



## STAY CONNECTED

### Instagram:

@uwlpeerhealth

### Tik Tok:

@bewellatuwl



## WELLNESS OFFICE HOURS

Wednesdays

The COVE: 9:00am-

10:30am

OMSS: 2:30pm-

3:30pm

## Wellness & Health Advocacy

wellness@uwlax.edu

608-785-8977

## Pride Center

Instagram: @uwlpridecenter

608-785-8887

## Office of Multicultural Student Services

1101 Centennial, omss@uwlax.edu

Instagram: @uwl\_omss

608-785-8225