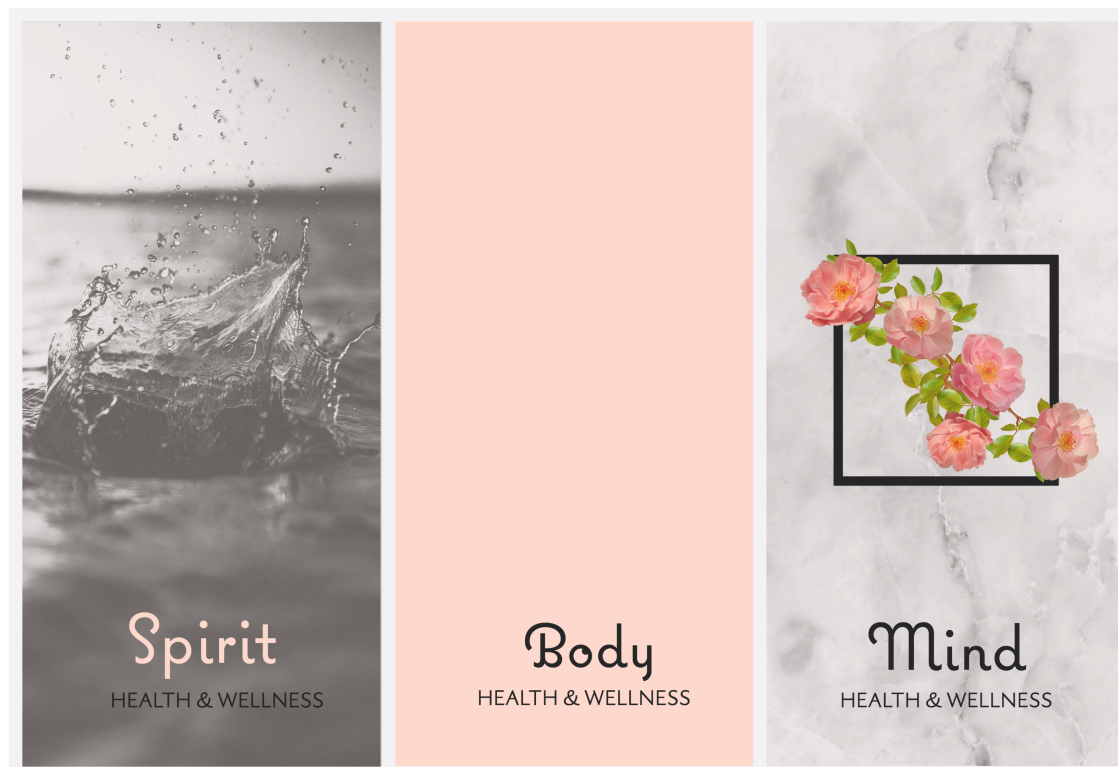




Community Wellness Digest Vol. 1, No. 1

Welcome to the Center for Buddhist Studies Community Wellness Digest! In this monthly email, we will share wisdom from Buddhist teachings you can use in your daily life, wellness tips, and information about university and community events. We welcome your feedback. Let us know what you think by emailing buddhist-studies@email.arizona.edu.

To subscribe to this digest, please sign up for our email list here: <http://eepurl.com/gb2yaD>, and select "Community, Health, and Wellness." If you are already on our list and have updated your preference by selecting "Community, Health, and Wellness," you will receive this digest regularly.



Sticking to New Year's Resolutions

Did you make a New Year's resolution? Maybe you aim to eat healthier, or to start a mindfulness practice, or to lose weight. Read these helpful tips from [Harvard Health](#) and the [American Psychological Association](#) for guidance about how to stick with your resolutions yearound.

Starting a Meditation Practice?

There are many reasons to start a meditation practice. Meditation can help calm a busy mind and relax the body. We increase our awareness of detrimental thoughts and habits, and contemplate compassion for self and others. If you are curious about meditation but don't know where to start, read this [helpful guide](#) from Lion's Roar, which walks you through a breathing meditation and describes various types of Buddhist meditation. You may also wish to explore [Mindfulness Based Stress Reduction](#), a secular evidence-based mindfulness practice developed by Dr. Jon Kabat-Zinn at University of Massachusetts in the 1970s. At UA, the [Mindful Ambassadors](#) program offers resources for students and the [Contemplative Pedagogy Learning Community](#) provides support to faculty and staff seeking to incorporate mindfulness into the classroom.

Leading A More Peaceful, Healthy Life



Seeking peace in your life? We all experience occasional bouts of sadness, of feeling a bit blue. Our friends at the Andrew Weill Center for Integrative Medicine at UA made a video describing 10 ideas that can be of particular benefit for those who struggle with mild to moderate depression but can also potentially benefit nearly everyone who follows them. Watch the video or read the transcript [here](#).

Save the Date: Integrative Medicine Summit 2021

May 5-7, 2021

Integrative Medicine Summit 2021: Clinical Challenges and Solutions brings together physicians, researchers, experts, and authors for 3 exciting days of exploring integrative health. For more information and to register, visit the [website](#).

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