

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELLNESS

#StayWellStayStrong

Your Healthiest Self: Spiritual Well-being

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*Inspiring excellence.
Transforming lives.*

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A Zen garden with white sand, raked into concentric circles, and two smooth, light-colored stones. A thin red vertical line is positioned near the top center of the image.

#MondayMindfulness

Here are some tips to help increase
your spiritual well-being.

#SpotTheDifference

Part of mindfulness is to train your mind to quiet down and focus on the task at hand. The following Spot the difference activities will force you to pay attention in the moment without any judgments.

For more Spot the Difference activities follow the following link:

- <http://www.spotthedifference.com/>

#SpotTheDifference

Try and find 7 differences in the next two pictures.



#SpotTheDifference

Try and find 5 differences in the next two pictures.



#SpotTheDifference

Try and find 5 differences in the next two pictures.



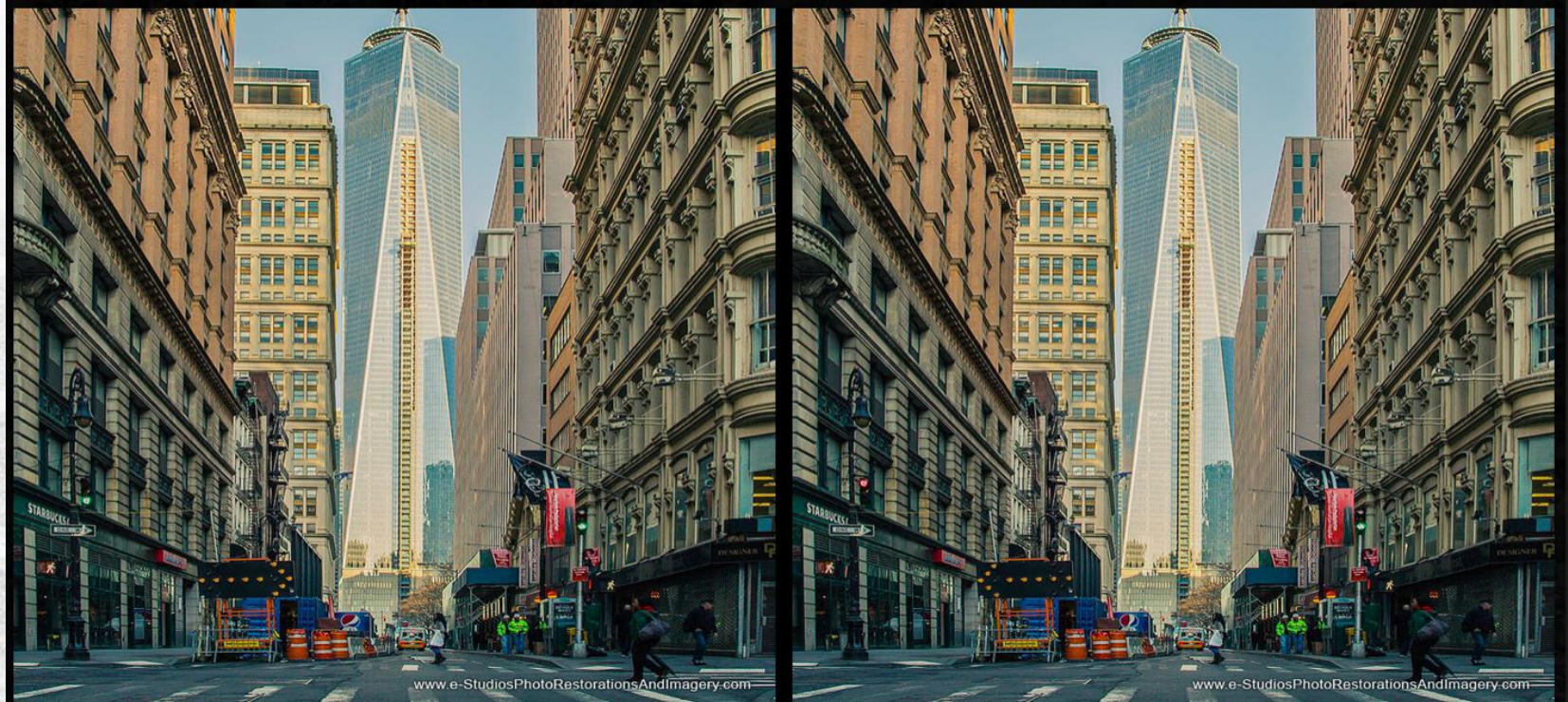
#SpotTheDifference

Try and find 5 differences in the next two pictures.



#SpotTheDifference

Try and find 5 differences in the next two pictures.



#SpotTheDifference

Try and find 5 differences in the next two pictures.



#SpotTheDifference

Try and find 5 differences in the next two pictures.



#DailyCalmCalendar

Please find attached a 2020 Daily Calm Calendar for you to practice daily calming techniques.

#MindfulnessVideo

Here is a mindfulness video to help you practice your mindfulness skills:

- <https://www.youtube.com/watch?v=pZc0KCX-N9Q>

#WordScramble

Complete the following Mindfulness
Word Scramble to gain a better
understanding of mindfulness

1. LGBNEILWE _____
2. UAVEL _____
3. NSEESS _____
4. RFAECLSE _____
5. TRFENEIOCL _____
6. EERSTPN _____
7. SNLPOEAR _____
8. LODTNEGNUMJA _____
9. SSNMFNLUEID _____
10. OEVL _____
11. ELYEIFTLS _____
12. NIDK _____
13. OUEFSDC _____
14. LNEGSFEI _____
15. SOACPNSIMO _____
16. RAEBRISR _____
17. RWESANEAS _____
18. ETAUITDT _____

#Self-Affirmations

It is important to accept yourself and encourage yourself to be strong, worthy and most of all enough. Find attached some self-affirmations accompanying handwashing to use during COVID-19, as we are all more aware of hygiene and washing our hands.

Why are self-affirmations important:

- *By affirming ones sense of self one can strengthen ones self control.*
- *Such strengthening can counteract an individuals habitual response and replace it with a conscious willful response.*
- *This empowers the individual to change and better manage their lives.*

#OnlineMindfulnessMeditationGroups

**There are 13 Online Mindfulness Meditation Groups to join During COVID-19.
Follow the following link to join one or all of these groups:**

- <https://mindfulness Exercises.com/online-mindfulness-meditation-groups-to-join-during-covid-19/>