

## Self-Care Newsletter

It is vitally important as we enter the fall and winter to take good care of our health—mental, emotional, physical, intellectual, spiritual, etc. Here are some ideas to help you on this path!

### **Mental Health:**

Find Peace by Staying in Your Own Business: <https://www.awakin.org/read/view.php?tid=997>

### **Healing Power of Music:**

Musical Journeys from Milwaukee Symphony Orchestra (new episodes weekly):

<https://www.mso.org/about/music/mso-musical-journeys-21/>

MSO on Stage Radio Series: <https://www.mso.org/about/music/listen/>

### **Fun!**

Halloween Trivia Questions: <https://conversationstartersworld.com/halloween-trivia-questions/>

Halloween Walking Workout: <https://www.youtube.com/watch?v=pE11oqXDoRk>

### **Physical Health:**

Yoga for Vulnerability by Yoga with Adrienne:

[https://www.youtube.com/watch?v=h5CEOjPY\\_uw](https://www.youtube.com/watch?v=h5CEOjPY_uw)

### **Intellectual Health:**

OSHER Life Long Learning Institute through UWM: [https://uwm.edu/sce/program\\_area/osher-lifelong-learning-institute/](https://uwm.edu/sce/program_area/osher-lifelong-learning-institute/)