The well-being of the students, staff, and faculty at UW-L is paramount. Improving state of mind, health, and safety takes commitment, but doesn’t have to be time consuming. Take 5 minutes for your health.

#UWL Take a Break

Alternative medicine journals and anecdotal evidence suggests that reading and writing poetry may relieve depression, improve memory, reduce pain, decrease stress, and increase energy. Could a poem-a-day keep the doctor away?

Take a break for your spirit: Poetry.

Think of your favorite poem or favorite song. Pull it up on your phone. First read the words silently. Then, read the words aloud to yourself, or have a friend read them to you. Here’s my favorite poem for practice.

*Rural Reflections by Adrienne Rich*

This is the grass your feet are planted on. You paint it orange or you sing it green, But you have never found A way to make the grass mean what you mean.

A cloud can be whatever you intend: Ostrich or leaning tower or staring eye. But you have never found A cloud sufficient to express the sky.

Get out there with your splendid expertise; Raymond who cuts the meadow does not less. Inhuman nature says: Inhuman patience is the true success.

Human impatience trips you as you run; Stand still and you must lie. It is the grass that cuts the mower down; It is the cloud that swallows up the sky.

Brought to you by the Division of Student Affairs, Student Life Wellness Resource Center