

Day 14: Connection between Mind, Body, and Spirit

Science tells us that it takes 21 days to break a habit and we are well on our way! By now, we hope you've learned that your mind, body, and spirit are beautifully interconnected. This poem introduced by our faculty member, [Norma Wong](#), demonstrates what it means for YOU to be connected to your mind, body, and spirit.

Our mind, body, and spirit are “hard-wired”
together; each impacts the other

When one part is tired or depleted,
all parts are tired and depleted

By working on and restoring one part,
all parts benefit



Today's Challenge

Remember that old adage that smiling and laughing can instantly make you feel better and happier? Find a video clip, gif/meme, or photo that has never fails to make you smile.

Deepen Your Practice

Notice whether caring for your physical self has benefited or improved your mental and spiritual self and share with us.