

Healthy Hall of Fame

Hiedi Bauer- Lang. & Lit. Faculty

Winter 2018

Getting to Know Hiedi:

Hiedi is enthusiastic with high energy. She enjoys writing poetry and has even been published a few times. Last summer, Hiedi was in an online poetry workshop. While attempting to write a poem, she became frustrated because she “hated” the poem. She set out on a hike as she often does. While on hikes, she gathers ideas and writes them down. Hiking helps her to process her thoughts because it is a moving meditation where you are able to be conscious of each thought. At the end of the hike, she was able to complete her poem.

Hiedi’s Outlook on Life:

Hiedi is optimistic and tries to always live in the present. It’s important for her to nurture and feed her own creativity.

Keeping Stress Low:

Balance and meditative perception are important. Intense physical exercise helps to dump endorphins to free Hiedi from stress. She boxes every morning because it allows her to process emotional reactions to her thoughts.

Hiedi’s Take on Mindfulness:

Meditation alone is hard. The process of letting thoughts flow in and letting them go without judgement is easier through movement, such as yoga or boxing. She is able to release her thoughts through exercise, balance, and stretching.

Staying Mindful:

The winter months are hard for everyone so Hiedi makes it more important in these months. It takes balancing the physical, mental, family, work, creative aspects of her life. At times, she takes the negative energy from one area and dumps it into another. This helps her to balance each of the areas in her life.

Hiedi’s Advice for Those Who Want to be More Mindful:

Get really curious about what your body and thoughts are doing without judgement. Yoga is an accessible way to start. Hiedi also recommends a book by John Kabat Zinn called Full Catastrophe Living.