ACTION COUNTOIL		Wilmot YAC Agenda			
	Date: Monday June 7th, 2021				
	Time: 7:00pm - 8:30pm				
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	Meeting Minutes: Haley				
Topics To (Meeting Minutes				
1. Welcome & Reminders	Welcomed Jessica from ICC who will be taking over for Chip in the fall. Opened a poll to declare a theme for 2021 Gingerbread Contest. Family Traditions/Holidays Around the World was the winner!				
		Tonight's Wellness Night focussed on being tired, needing rest, our emotional bank accounts, and resilency. Discussed what drains our energy and what engergizes us. Activity : grab an egg, coffee mug, soft fruit, hair elastic, sports ball. None of these items have anything in common but they all have different levels of resilency. YAC members were asked to shaire their definition of resilency. In terms of resilency, how do each of these items bounce back or what happens if they were to drop/stretch? An egg breaks, a coffee mug breaks but can be glued back together, a soft fruit bruises, an elastic snaps back/can snap if stretched too far, and a sports ball bounces back. We discussed what makes us more energized when we are tired and learned rest is not the same as sleeping/sitting around. Dr. Dalton Smith explains the 7 kinds of rest (video can be found on Ted Talk). Emotional rest, sensory rest, mental rest, physical			
2. Wellness Night		rest, spiritual rest, and creative rest. Visit <u>www.restquiz.com</u> (5 min quiz) to discover which type of rest you need.			
4. Goodbye and thank you Chip!					
5. Next Meeting: June 14th, 2021		Second last meeting of the year :(