



THE WELLNESS INSIDER

MARCH 2020

Too Much of a Good Thing?

Believe it or not, stress is not all bad. Short-term and low levels of stress provide many positive benefits, including motivation,



concentration, and productivity. *Positive stress mobilizes your mind and body for what comes next, leading to a sense of increased energy.*

When we encounter stress over a long period of time or in high levels, however, it takes a toll on our mind and body. This situation is literally called "distress" and that is what we feel. Symptoms of anxiety, depression, mental fog, fatigue, lack of motivation, decreased productivity, and even impaired immune system response are common.



To increase your mental and physical well-being, it is essential to reduce the amount and duration of stress you experience. Although it is not always possible to remove stressors from our lives, we can use a combination of techniques, such as:

- * **Limit Setting** ("Is this my problem to fix?"),
- * **Containment** ("I will pick this back up when I get to work on Monday. Now is my personal time."),
- * **Organization** (scheduling and prioritizing tasks and personal time),
- * **Mindfulness** (staying in the present moment, meditation/spiritual practice),
- * **And Other Types of Self-Care** (balanced diet, sufficient sleep/rest, time in nature, exercise, massage, energy healing, and maintaining positive social connections).

The practitioners at ONE are here to assist you with your journey toward wellness and can help you learn and implement stress management techniques that work best for you!

Thanks to Trica Peterson for this article. Trica is a licensed psychologist and practitioner at ONE. She provides individual counseling and evaluation services to adolescents and adults for a variety of concerns. For more info, click on www.petersonpsych.com.



From learning easy stress-relieving techniques to relaxing to the sounds of the harp and crystal pyramids, it's happening at ONE Wellness Center. **For details on all ONE's events and classes, click on [ONE Calendar](#).**

March 4

A Practical Workshop for Managing Stress



Adair Finucane

March 19

Readers Night with Sage Walker, Lucille Aranzullo-Northrup, and Grace LaDelfa

March 22

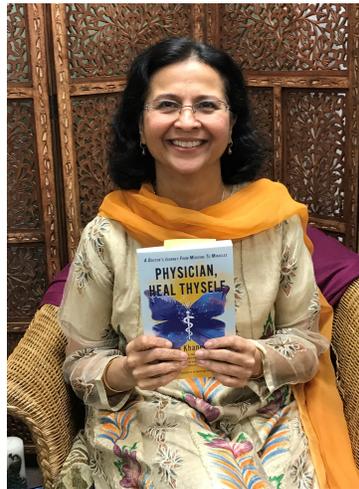
Angelic Sound Bath: Harp and Crystal Pyramids



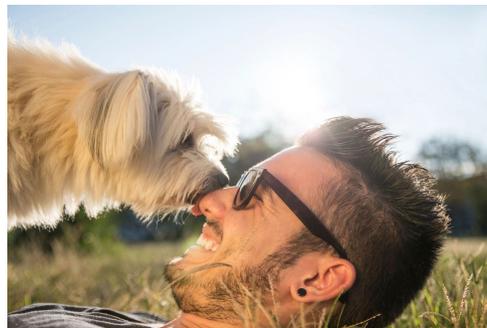
Harpist Christina Ivanna will be accompanied by Johanna Rae Woodside.

March 30

The Role of Mind, Emotions, and Spirit in Healing



Seema Khaneja, M.D.



Wellness Tips of the Month

Hug your significant other, family members, friends, and pets. That closeness is an instant cortisol (stress) reducer.

Do something fun/silly to lower that cortisol. Sing your favorite songs while driving. Blow bubbles (outside, of course!). Dance with freedom. Squeeze a ONE stress ball. The possibilities are endless!



Corry Heinrich

Essential Oils for Stress

My favorites are Stress Away (Young Living), Lavender, Frankincense or any Citrus oil.

Choose your oil. Place 1 or 2 drops in your palm.

Activate the oil (gently rub your palms together in a clockwise motion).

Cup your hands over your nose and mouth--avoid your eyes.

Breathe in through your nose for a slow count of five.

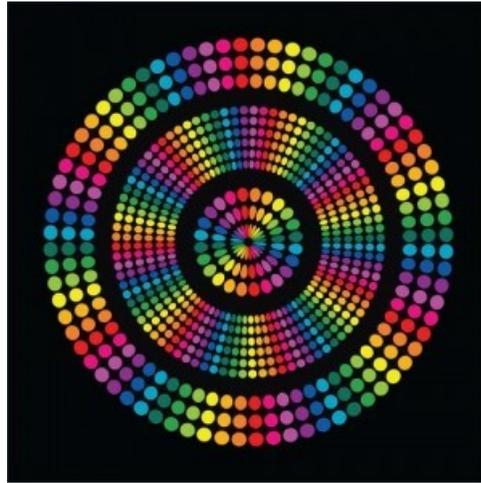
Hold breath for the count of five.

Release your breath to the count of five.

Wait and relax with your breath out for the count of five.

Repeat this breathing until you feel a shift.

Corry has been using essential oils for more than 15 years and teaches essential oil classes at ONE. For more information on oils, visit Corry's website, <https://getoiling.com/BeWell>.



www.colortherapymonth.com

Let's Celebrate! March is National Color Therapy Month.

Did you know that ONE's harp healer, Christina Ivanna is a color therapist too? Similar to the harp creating sound vibrations, colors give off their own vibrations. Together, they complement each other and can be used for physical, emotional or mental healing.

Ready to sample harp healing and color therapy? Call Christina at 206.407.8669. She's usually at ONE on Fridays (except for March 6), noon-3 pm for appointments and walk-ins. Check [ONE's Calendar](#).

Fun March Facts

- Mar. 1: National Peanut Butter Lovers Day
- Mar. 10: Land Line Telephone Day (Aren't those in the Smithsonian now?)
- Mar. 13: National Open An Umbrella Indoors Day
- Mar. 23: Little Red Wagon Day (Let's go play!)

Be Kind To Yourself Everyday. Practice WELLNESS.

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