

October 2020, Vol 1. Issue 3

THE VILLAGE VISHUDDHA

A Newsletter by Bleevable Prana Yoga & Wellness

Greetings Kula!

The first week of October is Mental Illness Awareness. Adopting an attitude of gratitude can help you improve your mental health. Making a gratitude list helps to alleviate stress by giving you a roadmap to where you want to go and to help you reflect on things you have accomplished. Many people have a sense of accomplishment when they scratch something off their list.

Creating a gratitude list, that could eventually turn into a gratitude journal, involves jotting down the things that you are grateful for that day. You can decide how long your list is and how much detail you want to go into. You also don't have to keep track of it every day – feel free to do a “week-in-review.”

Benefits to a gratitude list include:

- Helps improve self-awareness and self-esteem
- Increases positivity
- May help you sleep better
- Helps you focus on what matters most
- Improve interpersonal relationships

Having a gratitude list or journal can be beneficial to your overall mental health. Gratitude gives one confidence and optimism for future things to be grateful for while helping to reduce stress related illnesses and symptoms of depression. So write down the good and keep track of them. This technique may not work for everyone, but you can always see if it does. Try it, you might like it! Do this at least once a week and you may just find your attitude for gratitude being to grow.

Resources:

Cohen, Yoni. 5 Reasons Keeping a Gratitude Journal Will Change Your Life. Happify Daily. Accessed September 21, 2020. <https://www.happify.com/hd/why-you-should-write-a-gratitude-journal/#:~:text=2...It%20Improves%20Self%2DEsteem,to%20be%20resentful%20towards%20others>

Jessen, Lauren. The Benefits of a Gratitude Journal and How to Maintain One. Huffpost. Accessed September 21, 2020. https://www.huffpost.com/entry/gratitude-journal_b_7745854?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2x1LnNvbS8&guce_referrer_sig=AQAAAFYs9FA5zfgp3eJihyTQbeB659dbfdY06d-CQbNn980w7k-B0U0FUri4F-6logVQkCt1BAqj88_jHJ-RKLQPnreWLW0wxQLwIR0gKE2UCFEI0v9C6ANAYIFx_8Y38U1eNSF33kb-mbagrKG7a-2dp8prfQPvFYEs39m4mx8JRL

Singh, Maanvi. If You Feel Thankful, Write It Down. It's Good For Your Health. NPR. Accessed on September 21, 2020. <https://www.npr.org/sections/health-shots/2018/12/24/678232331/if-you-feel-thankful-write-it-down-its-good-for-your-health>

Pose of the Month

Child's Pose

(Balasana)

Benefits:

- Reduces stress and anxiety
- The pictured variation opens shoulders.
- Relieves back pain
- Stretches ankles, back and hips
- Aids in digestion

How to:

While on your hands and knees. Place hands shoulders width distance and knees hips width distance.

Inhale and bring toes together and lower hips to heels. Exhale while you extend your torso over your thighs (or between if you want more space). Allow your shoulders to round forward towards your knees and allow your forehead to reach towards the floor.

Bonus:

- With each exhale, relax any tension you have along your spine, shoulders, in your jaw and facial muscles.
- Try not to bring your knees wider than your shoulders.



Note: A variation includes bringing your hands beside your ankles.

Mods:

- Place a block under your seat
- Place a blanket in the crease of your knees
- Place block under your forehead

UPCOMING OFFERINGS

MONDAYS @ 6:00AM

Meditation Mondays

Start your week off with a calm mind & courageous spirit.

Zoom.com

Cost: \$5 per session

WEDNESDAY @ 6:00AM

Wellness Education Series

Learn tips & tools from various topics to make your life well.

Zoom.com

Cost: \$5 per session

Visit our website for more information.



@bleevableprana



hello@bleevableprana.com



/bleevableprana

www.bleevableprana.com