



Mental Wellness

Summer Self Care

Practicing self-care is so important for your health. However, we often think of self-care as a luxury or something to do “if I have time.” Self-care practices have both short and long term benefits and can be pretty easily squeezed into your day. Self-care is about doing activities or creating habits that improve your emotional and physical well-being and make you feel good about yourself or feel a sense of accomplishment. The weather is (finally!) getting warmer, and as we head into summer, there are new options for taking care of yourself.

Here are some ways to engage in self-care over the summer months:

- Sit in the sun (don't forget the SPF!)
- Unplug from technology
- Take yourself for ice cream
- Drink plenty of water
- Have a picnic
- Weed the garden/flower beds
- Go for a walk
- Eat a meal outdoors
- Spend time in some water
- Do some rearranging
- Take a day off
- Plant something
- Go to bed on time

Krista Armstrong, MA, LPC

Yoga

International Yoga Day is celebrated on Monday, June 21st! The International Yoga Day theme this year is “Yoga at home and Yoga with Family”. Connecting as a family is vitally important. And because of that, we like to keep our eyes out for opportunities that will bring us together. Practicing yoga together is a great family activity. Here's why:

1. It Models the Importance of Healthy Lifestyles Choices to Children

Our kids learn more from watching us than anything else, so it's important to model healthy lifestyle choices.

2. It Aids in Healthy Family Bonding

Meaningful family interaction can...

- build trust and mutual respect
- improve communication
- build a sense of self-worth in children
- bring intentionality to the goal of being fully present and engaged with your family members

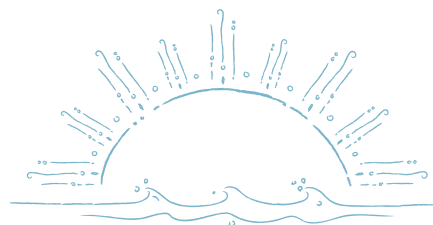
3. It Aids in Healthy Development in Children and Adolescents

Practicing Family Yoga not only helps families collectively but individually as well. Through it, each member learns skills of physical fitness, mindfulness, and self-reflection.

So, grab your mats and give yoga a try as your next family activity!

Joelene Edmondson, CYT

Learning to love...you!





Massage

When you think about health and self-care what comes to mind? You may think of nutrition, exercise, or maybe your daily water intake. But do you think about your monthly massage?

Massage therapy and its hundreds of modalities continue to integrate into countless individual's lives.

Massage therapy can improve health and wellness through its effects on an individual's physical, mental and social well-being. Having a regularly scheduled massage can help with:

- Anxiety
- Immune function
- Heart rate
- Quality of sleep
- Depression
- Lowering blood pressure
- Decreasing pain

June marks the beginning of summer and you will most likely be enjoying sunny days and outdoor activities. We want to help you achieve the best health and wellness possible! Book your massage with us to reap the many benefits it has to offer!

Victoria McCracken, LMT

References: Amtamassage.org Singlecare.com Mayoclinic.org

Nutrition

Summer officially starts this month, which may mean a busy (but fun) schedule. Whether it's an afternoon of swimming, trips to the zoo, kayaking, or making sure the kids get to their sports practice, how will you have time to eat anything?

Snacks are a great way to help meet daily nutrient needs, and can help serve as a buffer between meals if they are planned effectively. A combination of a high-fiber carbohydrate and a lean source of protein will promote satiety.

Here are some great on-the-go snack options:

- Plain Greek yogurt with chopped fruit or berries & nuts
- Cottage cheese with fruit and nuts
- A piece of fruit with nut butter
- Sliced vegetables with hummus
- String cheese with sliced fruit
- Half a sandwich on whole grain bread with lean protein and avocado

Happy summer – and happy snacking!

Alissa Kelly, NASM CPT, CNC



Treat dad to a massage this

Father's Day!

Gift certificates available!

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