

Mental Wellness



LET'S GET GROUNDED!

In celebration of earth day this month, what better way to get our thoughts into the present than observing what is around us through all 5 of our senses. 5,4,3,2,1 grounding exercises are a great way to focus our attention on what the earth has to offer in the now.

5—Look for 5 things you see and verbalize them out loud

4—Feel 4 things around you - pay attention to what your body can feel whether it's the hard ground under your feet, the softness of a sweater, or the comfortableness of a pillow

3—Listen to and try to identify 3 sounds around you. I like to close my eyes and guess what I am hearing.

2—Smell 2 things - If you can't smell anything, think about 2 of your favorite scents.

1—Taste 1 thing -if nothing is readily available then think about your favorite thing to taste.

Take 2 deep breaths in through your nose and out of your mouth and enjoy the moment of being in the present.

Amy Amon, LPC

Physical Fitness

APRIL IS NATIONAL STRESS AWARENESS MONTH

The term "stress" actually refers to the body's reactions to any demand placed upon it. Stress can be good and bad. If the stress stimulates you to work harder or challenges you to be a more productive person, it may be healthy and helpful. However, when stress becomes overwhelming and causes you to feel that you have lost control, then it becomes a detriment and limits your ability to function.

If stress is your body's reaction to demands put upon it, we need to introduce a new term that labels what the demand actually is. The stressor is the activity, emotion, or responsibility which is placing a demand upon you and causing stress. In order to live a healthier lifestyle, we must become aware of the stressors and the effect those have on our emotional and physical selves. Are the stressors causing us to feel sad or frustrated, are we having difficulty concentrating and making decisions, could headaches, back pains, and stomach problems be the manifestation of stress? Once we are aware of our personal response to stress, we can make a plan to combat stress:

- Name the things you do have control over, and manage reactions to situations that you cannot change.
- Focus your mind on something that makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal growth.
- Recognize when you may need help by sharing your stressors and responses with a family member, friend, doctor, pastor, or counselor.
- Avoid mood-altering substances such as drugs and alcohol.

References: Daily Life. April 2021. <https://www.stress.org/april-is-stress-awareness-month>

Katelyn Struthers, MS, NASM-CPT

Learning to love...you!



GROUNDING WITH 4-7-8 BREATH

This breathing exercise is great for beginners and is very calming. It's a great option for those who are prone to anxiety, especially in public settings. This breathing exercise is so inconspicuous you can practice it at work, during your commute, or while standing in a stressful crowd. The 4-7-8 breath is a natural tranquilizer for the nervous system.

To begin, sit or stand with your back straight. If you are able to sit down and elevate your hips above your knees with a blanket or meditation pillow, that is preferred as it is more relaxing. You can also sit with your back against a wall if you really want to feel supported.

While breathing in, keep your tongue positioned just against the gum line on your front teeth, and be sure to inhale through your nose and exhale through your mouth.

Exhale completely making an audible sigh (you can exhale more quietly if you're in public).

Close your mouth. Inhale through the nose and count to four.

Retain the breath and count to seven.

Exhale through the mouth and count to eight.

This completes one cycle of the breathing exercise.

Repeat four to five times or as needed.

Joelene Edmondson, RYT

PHYSICAL, EMOTIONAL, AND MENTAL COMPONENTS OF THE BODY

Massage Therapy can be experienced in so many ways and used for so many reasons. In light of Earth day, earth as an element represents the body, muscle, and flesh. We want to focus on bringing that together with the mental and emotional components too.

By treating the whole body you can expand that by adding things earth can contribute to your wellness. For example, controlled breathing promotes an overall calming and relaxing tone to your self-care and massage session. More examples could include stretching outside, going for a walk, or simply sitting in nature.

Beginning your journey to overall wellness starts with treating the whole body, and that means getting more in tune with more than just the physical tension and discomfort and addressing the emotional and mental components that have a physical reaction on our body as well.

Victoria McCracken, LMT

New



**MIXMOVE FITNESS CLASS
TUESDAYS 6:45 - 7:30 PM**

**SUMMER WELLNESS PREP
GROUP WELLNESS COACHING
STARTS MAY 6TH, 2022**