

Mental Wellness

A SNIPPET OF AWARENESS

What can happen when we don't hold on to an emotion and allow ourselves to just experience?

This experience started off with **FRUSTRATION** and **ANNOYANCE** due to Kodiak (my dog) stepping on my snowshoes and insisting on me throwing his ball... fortunately, I did not hold on to that emotion....

I proceeded to snowshoe across the field **CONTENT** with the temperature and noticed how **PEACEFUL** and **CALM** I felt. Looking over across the field was my house, looking beautiful through the snow dusted trees (**APPRECIATION**) which led into me feeling **GRATEFUL** for what I have. Granted, I was distracted by the squirrel (yes I totally and literally squirrelled). It was navigating through the treetops like a squirrel on a mission, which I found myself both **INTRIGUED** and **ENTERTAINED**. (I am easily amused!)

Kodiak met me on my return with his ball and we both felt **PLAYFUL** the rest of the way to the house, I did not even care that he stepped on my snowshoes. Notice the turnaround in mood from the start of my journey...

Amy Amon, LPC

Mental Wellness

PERSPECTIVE

How we see things is based on our own background and experiences.

Having different viewpoints is a good thing! To work through a problem or have a healthy conversation with someone who might see things differently, it is important to engage in some perspective-taking:

- Have an open mind- approach the conversation or situation with a curiosity stance
- Listen - reflect what you hear/ think the person is saying and/or feeling
- Actually visualize yourself in the other person's shoes - acknowledge what that would be like.
- Regulate your own emotions- don't take it or make it personal.

You don't have to agree with someone to see where they're coming from.



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Learning to love...you!

Physical Fitness



THIS IS THE MONTH OF LOVE, WHY NOT SPEND SOME TIME LOVING YOUR BODY WITH EXERCISE, AND WITH THE ONES YOU LOVE!

Learning to love your body is a process and one that will have both good and bad days. The goal should be accepting the bad days as a part of the process and not letting them trip you up as they are only temporary. Then you can recognize more of the good days!

Grab a spouse, child, family member, or friend for this fun partner workout!

Back-to-back wall sit: squat with your backs against each other as if you're about to sit in a chair. Hold this for 30 seconds to one minute.

Pressing lunges: lunge toward each other with opposite legs coming forward. High five at the bottom of the lunge and press off each other's hands for a boost back to the starting position. Do 15 reps on each leg.

High-fiving sit-ups: lay down in a sit-up position with the knees bent. Sit toe to toe with your partner. Sit up and high-five each other! 15 reps.

Side shuffle pass: grab a ball or anything you have at home you can pass back and forth. Shuffle to the side facing each other and pass the item, repeat on the other side. 15 reps on each side.

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Forearm plank and burpees: one person is in a plank position while the other jumps over the partner into a burpee. Modify the moves as necessary. 8-10 reps per partner of each movement.

Rest: 15-30 seconds between movements and up to 1 minute before repeating 3-4 times.

Be sure to warm up before and stretch afterward. You'll love your effort, and your body will love you!

Katelyn Struthers, MS, NASM-CPT



New ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

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