

Mental Wellness

Sometimes it is hard to fully participate in a positive moment, especially when we are stressed by our jobs, feeling undeserving, or are simply going through a lot.

Here's one method you can use to prime yourself for a positive experience:

Container Visualization

- Pick a visual representation of a container (this could be an actual object or an image in your mind)
- Imagine yourself opening the container and placing any negative emotions, body sensations, memories, or feelings into the container
- Let go of feelings of "stuffing away" or "avoiding" and remind yourself that the container is simply a holding place for negativity until you are ready to effectively deal with it
- Take a breath, and notice how it feels to be void of the things you placed in your container

If you feel like it, name your container. You can use this to remind yourself of the container if you start to feel distressed. Now go forth and build positive moments!

Clarissa Arbuckle, NCC, LPC

Yoga

It is summer! Let us all celebrate! It may be hard to stay motivated and committed to your yoga practice when all you want to do is be outside, relaxing on the beach, or you feel too sweaty already to get even more sweaty. Yet summer is a truly profound period to dive into your yoga practice.

Here are 3 benefits to practicing yoga in summer that we all should take advantage of.

Flushing Toxins

Practicing yoga in the summer heat helps allow the body to sweat out all the build up of toxins. Similar to a sauna, practicing yoga during the summer heat allows for you to steadily work through sweating and reap the benefits.

Deeper Flexibility

When it is warmer, we are more limber. Warmth of summer helps loosen up the body by the muscles being more warm and provides an opportunity to go farther into your poses.

Vitamin D

When you practice yoga in the summer, you aren't only getting benefits from the exercise, but your daily vitamins as well!

Joelene Edmondson, CYT



Learning to love...you!



Massage

As we hit the peak of summer where schedules slowly make the shift into the summer chaos, July recognizes National Therapeutic week. Sometimes in the midst of summer we get caught up in all the extra plans and trips and we don't remember our self-care and the therapies that help us!

When things get crazy the stress and anxiety settle in and it reflects on our well-being. A few things that can help:

- Stretching
- Having a nice conversation with family or a friend
- Going for a walk
- Improving water intake and nutritional habits
- Meditation
- Lunch outside
- And a MASSAGE!

Not only do these therapeutic remedies help us with stress and anxiety, they can also help heal and treat various other disabilities and life challenges. It's important to put yourself and your muscles first! After all, where would we get without them?

Victoria McCracken, LMT

Physical Fitness

It's officially summer and July is a great time to get outside and play to enjoy National Park and Recreation Month! There are so many opportunities locally to explore. There are hiking and biking trails, lakes and rivers for watersports, and other courses to enjoy like disc golf or tennis courts. It's a great opportunity to break away from the hustle and bustle of our pace of life to get together with others, relax, and move our bodies in nature.

Adults and kids alike can enjoy the many benefits of the outdoors including improved physical, mental, and emotional health. Hop online and check out the programs offered at your local park. There are summer camps, nature education, meet-up groups, and more.

Free play is one of the best ways to exercise because it's a form of movement for your body that you can enjoy fully! Heading out to your local park is a great way to connect with nature and have a healthy, active lifestyle.

Katelyn Struthers, MS, NASM-CPT

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