



Mental Wellness

Did you know that from the day we are born, our brains are hardwired to express 8 primary emotions?

They are:

- Anger
- Sorrow
- Joy
- Surprise
- Fear
- Disgust
- Guilt/Shame
- Interest



All other emotions, known as complex emotions, are learned! Depending on the culture(s) we identify with, the way we label and express our emotions may vary from our peers, friends, and loved ones. This is why two people can experience the same event, yet, one may say the event made them feel angry and another may say it made them feel afraid. This does not mean that one person is right and the other person is wrong. They are both right!

Observing, labeling, and expressing our emotions is key to communicating and influencing others. If we smile when we are actually sad, chances are people will misread us and will not be attentive to our sadness. When we authentically express our emotions, we increase our chances of successfully communicating and we honor our self-respect.

Clarissa, NCC

Learning to love...you!





Physical Fitness

Each year the World Health Organization picks a topic to celebrate or bring awareness to. This year's theme is "Building a Fairer, Healthier World." One area of WHO's focus is to seize opportunities to increase access to health care for many. The goal is to ensure that everyone has living and working conditions that are conducive to good health. Primary Health Care is what addresses basic health through the adult lifetime. One of the biggest components of primary health that I see is a persuasive need for more effective lifestyle management and promotion of exercise.

Here are some basic steps to help you begin doing just that:

- Start slowly and build up gradually
- Be creative
- Listen to your body
- Expect obstacles, then strategize to remove them

Lifestyle management and exercise don't have to be big ventures. They can be small steps toward the bigger picture, a healthier you!

Katelyn Struthers, MS, NASM-CPT

Yoga

World Health Day is April 7!

Yoga is a holistic health option everyone can access. Yoga is a sustainable practice that can be adapted and learned by everyone throughout the world.

Yoga is a great way to improve your fitness and flexibility, but it is more than just pretty poses. Many people don't know until they experience it that yoga is deeply and profoundly healing.

It relieves stress, detoxifies, and strengthens us physically, mentally, and spiritually.

Despite what you see on social media, practice makes perfect is not the motto here — and you don't even have to be flexible to get started. Focus instead on practice makes progress.

You can attend one yoga class and start tapping into the amazing benefits. Keep at it, and you'll start to reap the rewards of all the good stuff yoga has to offer!

Joelene Edmondson



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