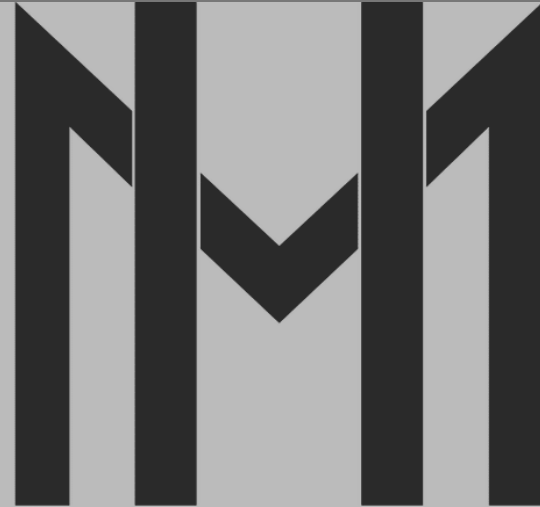


MHAC WELLNESS



NEWS & FEATURES

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MCDOWELL HEALING ARTS CENTER

COMMUNITY EVENTS

2020 Bay City St. Patrick's Day Races

- March 14 and 15th
- The event offers an 8K Run, 5K Run, 5K Walk, and Leprechaun Races for Kids
- Largest Running Event in the Great Lakes Bay Region

Parents Night Out at Saginaw YMCA

- Saturday March 21 from 4-9pm
- Supervision, Arts & Crafts, Games, Swimming, Movies, Dinner & Snacks
- Bring Socks, Pajamas, Swimsuit & a Towel



♥ Ways to Improving Emotional Health

By: Jackie J. Torrez

- Brighten Your Outlook
 - Remember your good deeds
 - Develop healthy physical habits
- Reduce Stress
 - Build a social support network
 - Try relaxation methods
- Get Quality Sleep
 - Develop a consistent bedtime routine
 - Relax before bedtime
- Cope with Loss
 - Talk to caring friends
 - Don't make major changes right away
- Be Mindful
 - Take deep breaths
- Strengthen Social Connections
 - Find mindfulness resources in your community
 - Join a group focused on a favorite hobby
 - Volunteer for causes you care about in your community



Why is Emotional Wellness Important?

Emotional wellness allows you to accept how you are feeling. Once you accept your feelings, you can begin to understand why you are feeling that way and decide how you would like to act in response to those feelings. Emotional health grants you the power to express feelings without constraints. In turn, you will be able to enjoy emotional expression and be capable of forming supportive and interdependent relationships with others.

INTELLECTUAL WELLNESS

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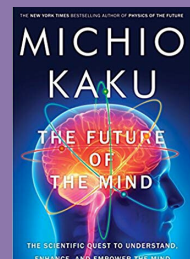
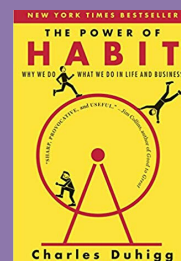
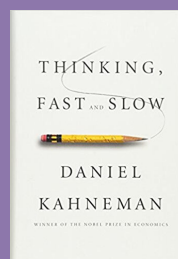
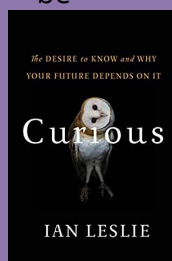
A woman can be beautiful as well as intellectual.

- Audrey Hepburn

By Alexis Babb

Four books to expand your intellectual wellness

- Curious: The Desire to Know and Why Your Future Depends On It
 - Author: Ian Leslie
 - Quick Summary: Learn to think broadly and deeply
- Thinking, Fast and Slow
 - Author: Daniel Kahneman
 - Quick Summary: Understand your brain's two systems of thinking; fast and slow
- The Power of Habit: Why We Do What We Do in Life and Business
 - Author: Charles Duhigg
 - Quick Summary: Recreate habits of positive functioning
- The Future of the Mind: The Scientific Quest to Understand, Enhance, and Empower the Mind
 - Author: Michio Kaku
 - Quick Summary: Recognizing scientific fiction for what it could be



PHYSICAL WELLNESS



EXERCISE FOR SELF-CARE; BODY MIND AND SPIRIT CONNECTION

BY ANGELA THIEL

Research suggests exercise is associated with a plethora of physical and mental health benefits including a better quality of life and health outcomes.

- *decreased risk of heart disease
- *decreased systolic pressure
- *decreased diabetic related death or risk of developing diabetes
- *increased physical functioning
- *decreased physical role limitations
- *decreased fatigue
- *elevated mood
- *decreased lower back/arthritis pain
- *improved emotional well-being; decreased depression and anxiety

Hatha yoga and African dance has shown to improve psychological well-being. Green exercise (exercise outdoors) has shown increase in positive affect, decrease in psychological stress, reduced anxiety, anger, fatigue, and sadness as well as greater enjoyment and satisfaction.

**BRING ON SPRING AND THE GREEN EXERCISE!!!!!!
BE KIND TO YOURSELF**

SOCIAL WELLNESS



Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being.

-Greg Anderson

Improving Your Social Health

BY ANTONAYA GARNER

From the time you're born, your relationships help you learn to navigate the world. You learn how to interact with others, express yourself, conduct everyday health habits, and be a part of different communities from those around you. Positive social habits can help you build support systems and stay healthier mentally and physically.

- **Make Connections**- Social Connections can influence our biology and well-being. Look for ways to get involved.
- **Self-Care by:** Asking for Help, Getting Organized, Taking Breaks, Attending Support Groups, Eating Healthy, & Exercising.
- **Build Healthy Relationships**- It's important to know what a healthy relationship looks like and how to keep your connections supportive.
- **Bond with your Kids**- Being sensitive, responsive, consistent, and available to your kids can help you build positive and healthy relationships with them.
- **Shape your Family's Health Habits**- If you're a parent, know that your everyday behavior plays a big part in shaping your child's behavior, too. With your help, kids can learn to develop healthy eating and physical activity habits that last throughout their lives.



ENVIRONMENTAL WELLNESS

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“Look deep into nature, and then you will understand everything better.”

- Albert Einstein

Nature & Mind

BY DAVID T. HALLORAN

Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings. The core principle of environmental wellness is respect- for all nature and all species living in it. Making a few simple environmentally friendly changes to your daily life can help make a lasting positive impact on both the environment and your mental health. Here are a handful of suggestions that will help improve your environmental wellness, inspire others, and make the world a better place for everyone.

- Stop littering- over 250 million tons of trash is produced each year in America alone
- Recycle- over 75% of your daily waste is recyclable
- Spend time outside- More than 90% of your time is spent indoors
- Conserve energy- You can save 20% on your energy bill by switching to fluorescent lighting
- Grow a garden- Plants take in carbon dioxide and release oxygen, improving air quality

FINANCIAL WELLNESS



TIPS TO BE PREPARED FOR TAX SEASON

1. Have immediate access to your W-2 forms
2. Stay organized
3. Keep records of any donations to charity
4. Keep and file any receipts for work purchases
5. Find a trustworthy person to file your taxes every year/or try to do it yourself

It's Tax Season!

BY KAYELA OBERLOIER

Tax season can be pretty stressful if you're not prepared for it. Every year you need to make sure you have everything you need to file your taxes, and that can be pretty stressful. Well I'm here to tell you it doesn't have to be. Your taxes are based off of everything you do in a year. The biggest thing to remember is organize and get everything around and ready when W-2's, 1099's, 1098t, etc. are released. Unless you have some unusual forms, taxes are fairly easy. If it is your first time make sure to do some research for pros and cons of doing it yourself or find a reliable person in your area to do it. So just remember, stay organized and taxes won't be as anxiety-inducing as you think.

SPIRITUAL WELLNESS



Activities for Mindfulness

BY STORI A. TAVIAN

SPIRITUAL HEALTH IS ABOUT SELF-DISCOVERY AND UNDERSTANDING WHO YOU ARE, AND IT CAN BE ACHIEVED IN MANY DIFFERENT WAYS. HERE ARE A FEW SUGGESTIONS ON HOW TO BE MORE MINDFUL.

- PERSONAL REFLECTION
 - IT'S IMPORTANT TO REFLECT ON YOUR SPIRITUAL, EMOTIONAL, AND PHYSICAL HEALTH.
 - ASK YOURSELF:
 - HOW DO I NAVIGATE PROBLEMS THAT OCCUR?
 - WHAT BRINGS ME PEACE IN LIFE?
- JOURNALING
 - IF YOU ARE SOMEONE WHO LIKES TO WRITE THINGS DOWN, JOURNALING CAN BE A GOOD STRESS RELIEVER.
 - EACH NIGHT BEFORE YOU GO TO SLEEP, THINK ABOUT THE GOOD THINGS THAT HAPPENED THAT DAY AND REFLECT.
- VOLUNTEER
 - GIVING BACK CAN BE A VERY SPIRITUAL EXPERIENCE FOR A PERSON. VOLUNTEERING CAN HELP YOU AS MUCH AS IT HELP OTHERS.
- TRAVEL
 - SET ASIDE TIME TO FIND NEW PLACES TO EXPLORE. DISCOVERING A NEW PLACE TO RELAX YOUR MIND AND CONNECT WITH YOURSELF.

“

“The only temple that matters can be found within yourself.”

- The Dalai Lama