

THE BUZZ

The monthly Honey Bee Therapies Newsletter



Nananana, Hey, June!

Falon Bridwell & Christi MacWilliams

Schools out for the summer! We hope everyone enjoys some vacation time and stays cool in this Texas heat.

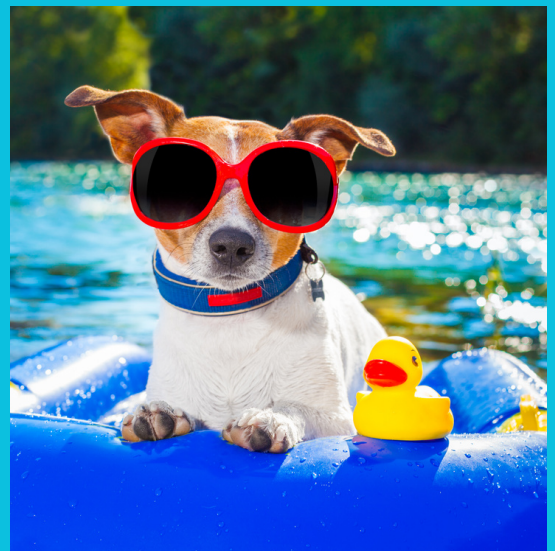
May might have been Mental Health Month but at Honey Bee Therapies we are focused on mental health year round. In this newsletter you'll find information on new mental health courses coming to Honey Bee Academy. You'll also find activity ideas and the benefits they bring!

If you have any requests for CEU topics you would like to see, please reach out! We are always open to new ideas that will benefit the team.

With love and gratitude,
Christi & Falon

WHAT YOU'LL FIND INSIDE:

- **GUIDE TO DISCOVER ACTIVITIES**
- **NEW COURSES**
- **YOGA FOR STRESS RELIEF**



A Guide to Finding Activities and Events

Each month we provide a list of free activities and events throughout central Texas. This month we are empowering you to find these activities. Read below for how to find what is going on in your areas! Simply search for the following:

Local Parks and Recreation Departments

Local Library Website Events Calendar

Local University Events Calendars

EventBrite.com
Filter events based on location, day, free/cost, etc.

Find all of the mentioned resources on social media pages. They post events regularly. Most towns/cities will have a social media page for their PARD, library, etc. We also recommend following museums and other recreational facilities to stay informed!

Local Newspapers or Community Impact

Find Bloggers in your area that post free events. For example, <https://do512family.com/freebies-in-austin/>

Seriously, visit that link above for many options on free activities and discounted recreation facilities in the Austin area!

Coming this month to Honey Bee Academy!

By the end of June we will have a total of 7 courses worth a total of 28 CE hours. Our CEUs are approved by NCTRC and will apply towards your 5 year CTRS recertification!

One of our new courses, "The Effects of Physical Activity on Mental Health" is a 5 hour course that will:

- help you gain a more in depth understanding of the benefits of physical activity on our mental health
- learn the recommended amount of physical activity for each age group
- Use the APIED process to implement physical activity interventions into treatment plans
- provide physical activity intervention examples for multiple age groups

Presented by Honey Bee Therapies LLC

The Effects of Physical Activity on Mental Health

5 CE hours



**COMING
SOON**

Honey Bee Academy

www.honeybeeacademy.org

The other course, "Reactive Attachment Disorder (RAD)" is a 5 hour course that will:

- teach you about the diagnosis of Reactive Attachment Disorder
- help you gain an understanding of how RAD is diagnosed
- help you learn the symptoms of RAD
- help you learn how to support youth with RAD
- help you develop an understanding of how to use recreational therapy interventions to assist with working towards treatment goals

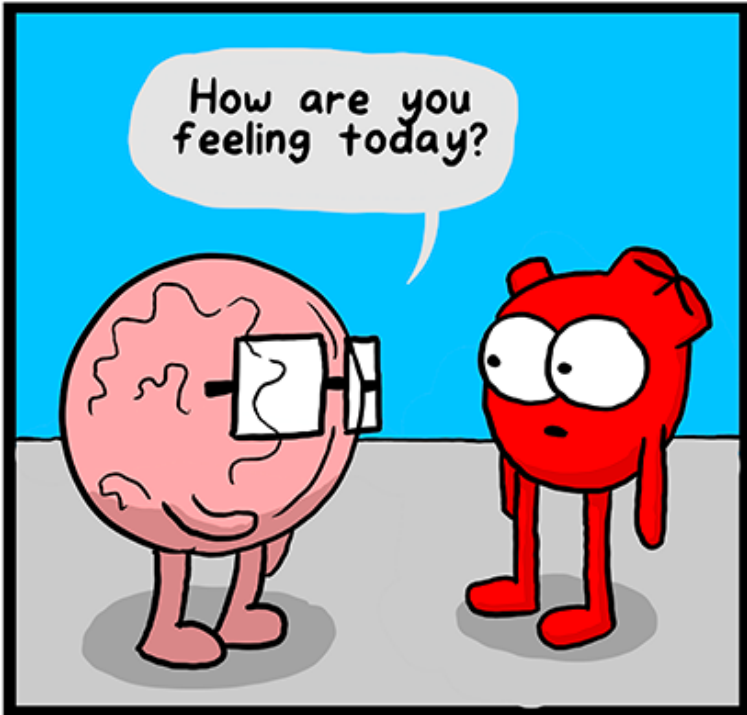
5 HOUR CEU

REACTIVE ATTACHMENT DISORDER (RAD)

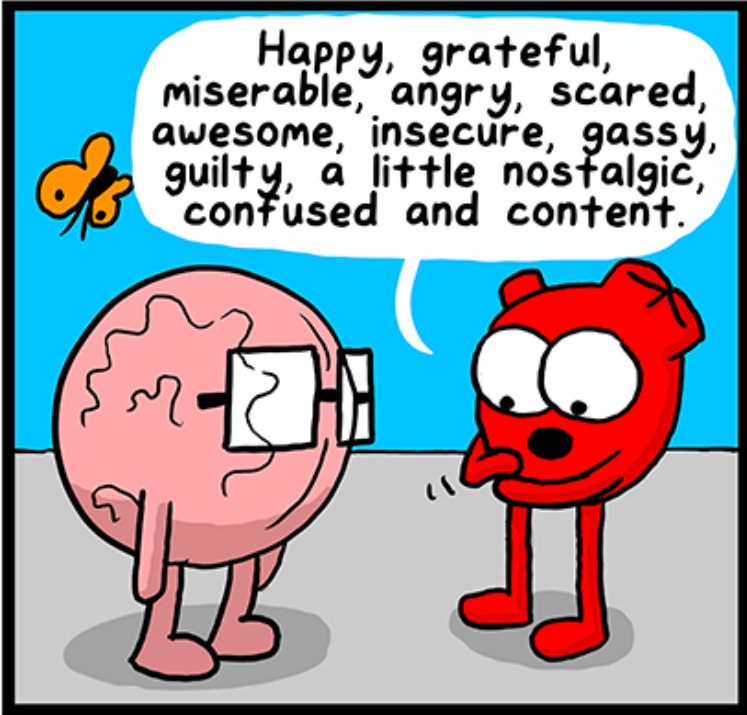
Presented By: Honey Bee Therapies

Just for Fun!

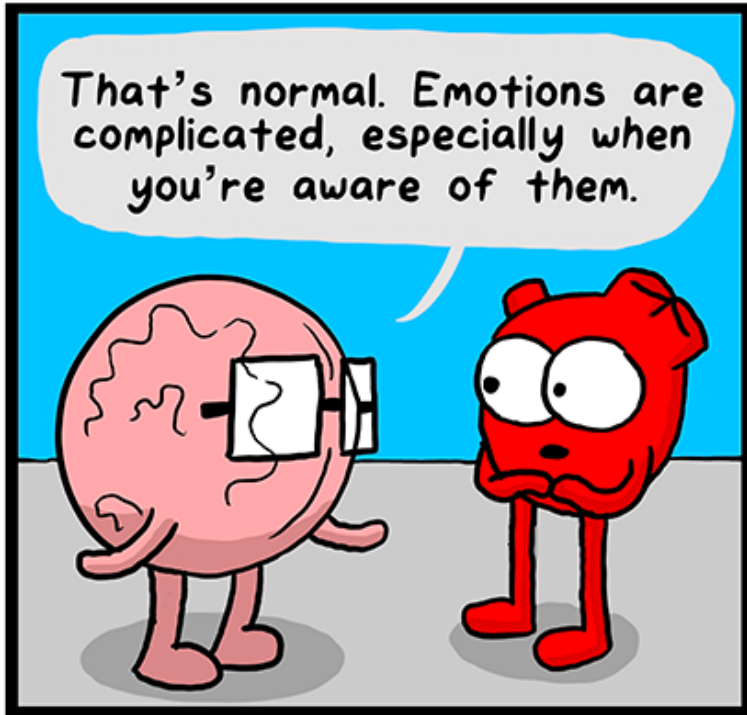
If you've never seen the Heart & Brain comics by The Awkward Yeti, you're missing out!



How are you feeling today?



Happy, grateful, miserable, angry, scared, awesome, insecure, gassy, guilty, a little nostalgic, confused and content.



That's normal. Emotions are complicated, especially when you're aware of them.



Add "understood."

Yoga to Combat Stress

A stressful lifestyle can lead to many unhealthy habits.

Finding a healthy alternative to cope with daily stressors is important as we work to maintain our health.

Yoga provides us with calming, meditative effects. It helps us to relax, focus, and control our stress.

Deep breathing stimulates a relaxation response that promotes a state of calmness. You take in more oxygen, your heart rate slows, and your mind starts to slow down.

Yoga helps us to increase awareness of how our bodies are feeling. When we are aware of this, we can take the steps needed to reduce stress held in our bodies. Think about how you are feeling as you read this. Do you notice any tension in your neck or shoulders? Is your jaw clenched or relaxed? Release your tongue from the roof of your mouth. Take a deep breath and relax your muscles. How does that feel?

On to postures! Holding a yoga pose allows us to get a deep stretch. Stretching reduces muscle tension, improves our posture, and can allow us relief from the psychological effects of stress. It keeps our muscles flexible and healthy, improving our quality of life. Holding poses also requires focus and balance. When we do this, we center our attention and stay in the present moment.

Did we mention it is a great workout?



Fun Fact

We naturally alternate breath between each nostril every 2-3 hours. It's called the "Nasal Cycle."

Try this!

When you feel overstressed, your sympathetic nervous system releases adrenaline and raises your heart and breathing rates. Practicing yoga can help to reverse this process, activating the parasympathetic nervous system. This is the opposing part of your central nervous system that helps to relax your body after periods of stress. Try this pose and breathing technique to calm anxiety and reduce stress:



Warrior 1

Stand with feet together. Step forward with your right leg, bending it so the knee is over the ankle. Angle the left foot so your right heel is aligned with the middle of your left arch. Shoulders and hips face forward. Inhale, raise your arms above head until palms touch. Hold for 5-10 breaths. Return to start and repeat with your left leg. Do each side twice.



Three-Part Breath

Sit comfortably in a chair or on the floor, holding your spine straight. Inhale slowly and fully through your nose, feeling the air fill up first your lower belly, then your lower chest, then your upper chest and all the way up to the throat. Exhale through your nose, feeling the air leave your upper chest, then lower chest, and finally your belly. You may find it helpful to place one hand on your chest and one on your belly. Continue for 2 minutes.

Get Creative

Mixed Media Collage

This activity allows us to take what is familiar and even ordinary, explore new ways of working with images, engage one's sense of play, and encounter oneself in the process. Creativity involves taking risks, breaking boundaries, pushing limits, and inventing new ideas.

Gather items to work with and combine them to create something new. You may choose to use paint, newspaper, stickers, wood, foil, markers, oil pastels, book pages, old receipts, stamps, pens, etc. Rearrange and alter the elements to create an original artwork.





America's Pasttime



Summertime is prime time for baseball! The Washington Post recently released an article sharing the benefits of viewing live sports. "New research connects viewing live sporting events with higher levels of life satisfaction and lower levels of loneliness - and researchers say live sporting events could be used to improve public health."



June Home Games

Round Rock Express

June 1-4 vs Sugar Land

June 13-18 vs El Paso

June 20-25 vs. Sacramento

Special Nights:

Kids Day : June 4 & 25

Bobblehead Giveaway: June 2 & 24

Princess Night: June 3

\$1 Hotdogs on Wednesday games

\$2 Tacos on Tuesday games

San Antonio Missions

June 6-11 vs Witchita

June 20-25 vs. Midland

June 28-30 vs Frisco

Special Nights:

Jersey Giveaway: June 9

Postgame Fireworks: June 10

Bring your Dog: June 11

Win a Used Car: June 23

Lego Ninjago Event w/ free snacks: June 24

Six Flags Sunday: June 25

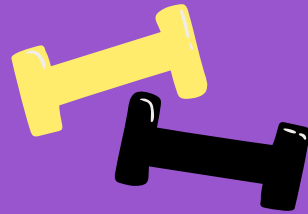
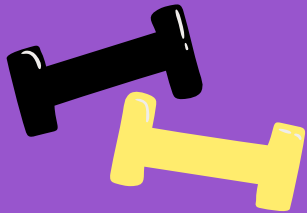
Jacket Giveaway: June 30

\$2 parking and outfield tickets on Tuesday games

Half Price Tickets & Parking on Thursdays

Free Fitness for Teens

From now through August 31st, teens ages 14-19 can get a free summer pass to workout at their local Planet Fitness. They can register online or in person. Share the good news with your families!



Volunteer Opportunity

Interested in helping to maintain a beautiful Austin park? Visit peasepark.org/volunteer for monthly opportunities. You can join an event or volunteer independently.

