

Are You Getting Enough Water?

Do you often get that 3 pm “low” and /or those afternoon food cravings? .

It may not be hunger but mild dehydration.

Other signs of dehydration are muscle cramps, headache and fatigue.

Most people need at least eight glasses of water daily.

Health Benefits of Water

- Improved weight control. Many people eat, rather than drink, when they feel thirsty. Drinking water helps curb your appetite and your thirst.
- Lose fat! Studies suggest that increased water consumption puts fewer demands on the kidney and liver. With increased water, the kidney can perform at full capacity and the liver can metabolize stored fat with much greater efficiency.
- Better bladder and bowel functioning. Fluids speed the elimination of feces from the colon and urine from the bladder, helping to prevent and treat constipation and urinary tract infections.
- Less chance of kidney stones. Drinking plenty of water helps prevent kidney stones from developing or recurring.
- A healthier mouth. Drinking water increases saliva, which neutralizes cavity-causing acids in the mouth, washes away food particles and inhibits gum disease and other oral problems.
- Maintain clear, soft skin.

Note: Do not rely on “being thirsty” as a good indication of needing water. By the time you are thirsty your body is already dehydrated.

Take the 28 Day Becel Challenge Sounds That Soothe

There is no denying the power nature has in soothing us with its sounds... be it tidal waves rhythmically brushing a shoreline, the babbling waters of a small forest stream or the hush of insects at dusk. Certain music can also provide a calming effect on our minds, helping to release mental and physical tensions built up during our busy and sometimes stressful days.

Why not schedule a **sound relaxation break** into your week? Start by selecting a relaxing CD that blends soothing music with the tranquil sounds of nature, such as Zen Escape or Forest Piano by Solitudes®.

Follow the steps below to get the most out of your break:

1. Choose a comfortable place with dim light where you can recline or lie down.
2. Play the CD with the volume and tone controls set at a moderate level.
3. Close your eyes.
4. Remember to keep breathing calmly; in through your nose and out your mouth.
5. Gradually relax your muscles. Start with your feet and slowly work your way up your body, one muscle group at a time, until you reach the top of your head.
6. Lastly, surrender to the music and let it transport you to a place of total relaxation.

www.becel.ca
Becel of Canada

Massage Is More Than Relaxation

Massage therapy is the manipulation of the soft tissues of our bodies to induce a therapeutic response. Soft tissue includes our skin, muscles, connective tissue, tendons and ligaments. Massage therapy is safe and effective when used for stress management. Stress upsets the delicate balance of our bodies' functions.

Massage helps normalize our circulatory, muscular and nervous systems. It can assist in the healing process and is often used in conjunction with other methods of healing and healthcare management.

Massage can help with:

Tension-

Muscles become relaxed and are better able to contract and move.

Flexibility-

Breaks up scar tissue and adhesions; loosens stiff joints.

Breathing-

Promotes the drainage of fluids so full proper breathing is possible.

Circulation-

Assists blood flow through the veins, aiding circulation.

Injuries-

Reduces inflammation, relieving pain and eases muscle fatigue.

Well Being-

A massage releases tension and anxiety. You feel great!

Wellness Way Naturally Inc.
www.wellnessway.com

Daily Mental Health Week E-mail Tips

Marvelous Monday – Make Your Mental Health Matter!

Maintain balance in your life. Design the life that you want to live by knowing what your priorities and goals are.

Terrific Tuesday – Take Time For Your Mental Health!

Eat breakfast. Grab a healthy snack. Drink plenty of water. Get up and move around if you have been sitting for a while. What you do to energize yourself through food, water and exercise can have a significant impact on your mental health.

Wacky Wednesday – Wake Up Your Playful Side!

Enjoy your humorous side. Look at the comics. Pull out your stress toys. Look for the humor and keep life in perspective.

Thoughtful Thursday – Think of Others and Say Thank-You!

Support. Talk. Socialize. Ask for help. Build a team. Social support is a great buffer to the never-ending changes that we face.

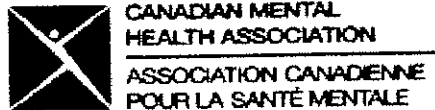
Fantastic Friday – Rejuvenate!

Get your 8 hours of sleep. Take time to relax. When your life is speeding up, you need to actively take the time to slow it down.



Ten Tips to Promote Mental Health Week

1. Host a staff Lunch 'n' Learn
2. Arrange a workplace health fair.
3. Set up a health challenge.
4. Bring in a massage therapist or relaxation instructor for the day.
5. E-mail daily wellness tips to each staff member.
6. Post wellness articles on staff bulletin boards.
7. Declare a 'Stress-Down' day.
8. Provide healthy snacks.
9. Promote daily stress busters.
10. Support e-mail free Fridays.



10 Tips for Mental Health

1. Build Confidence

Identify your abilities and weaknesses together, accept them build on them and do the best with what you have.

2. Eat right, Keep fit

A balanced diet, exercise and rest can help you to reduce stress and enjoy life.

3. Make Time for Family and Friends

These relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.

4. Give and Accept Support

Friends and family relationships thrive when they are "put to the test".

5. Create a Meaningful Budget

Financial problems cause stress. Over-spending on our "wants" instead of our "needs" is often the culprit.

6. Volunteer

Being involved in community gives a sense of purpose and satisfaction that paid work cannot.

7. Manage Stress

We all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health.

8. Find Strength in Numbers

Sharing a problem with others who have had similar experiences may help you find a solution and will make you feel less isolated.

9. Identify and Deal with Moods

We all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.

10. Learn to Be at Peace with Yourself

Get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.

No time to scrapbook? Try This!

Even if you can't find enough time to scrapbook, you can still preserve memories for generations to come. Here's how—in a matter of minutes:

- Save a jarful of memories. Whenever something happens that you want to remember, just jot it on a slip of paper and drop it into the jar. You'll have a container stuffed with precious papers, ready to remind you of wonderful times.
- Make a magic box. "Any time your children bring home a special piece of art or award, just date it and slide it into a photo box with their name on it," suggests scrap-booking guru Pat Williams, owner of www.croppingcorner.com. "Then if you ever do want to arrange them in an album, they're dated and easily accessible," says Williams.
- Put it in a pocket. There are wonderful photo-safe plastic sleeves now where you can just slide photos in—no sticky pages needed, and they look polished.
- Frame them. Acrylic 'box frames' open and close easily to create quick art. Just lift off the top, place photos or clippings on the surface and close it like a box for shortcut scrapbook "pages" that go right on the wall.

What Happy People Know

- Don't overdo it...Prioritize your tasks and your time...Simplify your life.
- Invest in you...Do one thing for yourself every day...Take time for you-everything else will benefit only if you take care of yourself too.
- Be open...New people or new activities can bring you simple pleasures that you never knew were possible.
- Make your own choices...Talk yourself calm...Talk yourself happy...Choose your response to life's situations.
- Doing good for others...Will do yourself good...Doing something nice for someone else will awaken your sense of harmony.
- You are more powerful than you think...Recognize your inner strength and beauty and confidently share the real you with others.
- Dismiss worrying concerns by summoning thoughts of love...You are lovable...do this and see how your creative juices flow as a result.
- Enjoy good friends and family...Enjoy life...Be happy and healthy.

Wellness Way Naturally Inc.
www.wellnessway.com

The Warmth of the Sun

In a Nutshell:

Participants sit in a relaxed position, close their eyes and listen to you describing a relaxing scene at an idyllic beach.

Time:

10 minutes

What You Will Need:

CD Player, Relaxing CD, ie. Ocean Sounds

What to do:

Have participants get into a relaxed position. Then, in a soothing voice, recite the following;

“Listen closely, very closely, to my voice...Feel your body relax and the sounds and sensations of this room gradually disappear...Focus, concentrate on my voice and the feeling of relaxation that’s beginning to grow in your body....That’s good...Keep relaxing...Breathe slowly and easily...Around you now an image is beginning to form. It’s dim at first. With your eyes still closed and your body relaxed, slowly become aware of the sensations that surround you...A beautiful scene is beginning to emerge...You’re laying on your back on warm, white sand...Focus on the warmth of the sand on the back side of your body as the scene begins to form around you...You can feel the warm sand on the back sides of your legs, on your buttocks, on the small of your back, on your upper-back and on the back sides of your arms...Feel the warmth, soothing you, penetrating the skin on the back side of your body...Above you is a bright, azure blue sky, unblemished by the smallest cloud. The sun, large and yellow and alive, is nearly straight above you in the sky. You can feel its heat radiating down toward your body, enveloping you, cradling you, cuddling you, in soothing tendrils of warmth. Focus on the warmth of the sun as it penetrates the skin of your face...of your neck...of your torso...of your arms...of your legs...Envision the tendrils of light and heat connecting you to the glowing ball in the sky...Let the warmth of the sun relax you, envelop you, hold you and bring you peace...Now focus on the warmth of the sand beneath you, so that your whole body is wrapped in soothing warmth...You don’t feel hot. You’re not perspiring. You’re just comforted in the soothing warmth that surrounds you.

In the distance, you hear the gentle sounds of the ocean waves, but you don’t see the ocean. You hear the gentle rush, rush, rush, of the waves...You feel the warmth of the sun above and the gentle beating of the waves and you feel relaxed and at peace...

Above you, wisps of air gently caress your warm skin, teasing the hairs on your skin, soothing you and bringing you peace. In the distance, you think you hear the rustle of tall grasses, but you can’t see them. You see the sun and sky...You feel the warmth of the sun, the caress of the gentle breeze on your skin and the soothing support of the white sand beneath you...You hear the rush, rush, rush of the ocean’s waves...You feel a deep, soothing peace...

Now, gradually, very gradually, open your eyes and return to the present.

The Warmth of the Sun

Discussion Questions:

1. Did the feeling of warmth and relaxation persist after I asked you to open your eyes? Is the feeling persisting now? How do you feel right now?
2. How might you use this technique in the workplace? At home? How might you use a taped version of this exercise?
3. What might prevent you from using this technique in the workplace? How can you get around these difficulties?

Alternative:

You may want to create a more intense experience by playing a tape of soothing music or ocean sounds. You can also dim the room lights to minimize distractions.

Personal Touch:

Grab a copy of the tape for yourself and head for the beach
(in your imagination, anyway)

The Big Book of Stress Relief Games

By Robert Epstein

ISBN: 0-07-021866-8