

Words of Wellness

February 2011

MENTAL HEALTH – Nourish Your Spirit

Special thanks to Lorelei Purvis, Kelly McLean-Haley and Mary Turnbull of District 14.

Mind Fitness

Heal your body with brainpower:

- Laughter – laugh ‘til your sides hurt
- Good Deeds – surprise someone with a kind gesture
- Optimism – take a weekly inventory of what you are grateful for
- Visualization – imagine the positive changes you will experience
- Hearing Music – it triggers a relaxation response – plug in your iPod!

Managing Stress

10 Commandments of Mental Health:

1. Think positively; it's easier
2. Cherish the ones you love
3. Continue learning as long as you live
4. Learn from your mistakes
5. Exercise daily; it enhances your well-being
6. Do not complicate your life unnecessarily
7. Try to understand and encourage those around you
8. Do not give up; success in life is a marathon
9. Discover and nurture your talents
10. Set goals for yourself and pursue your dreams

Embracing Life

Learn to be at peace with yourself:

- What makes you happy?
- Take your mind off problems
- Consider a new hobby
- Have a bubble bath
- Give yourself a “mental holiday”
- Take time for social activities
- Take time to unwind



“In order to change we must be sick and tired of being sick and tired.”

~Author Unknown

Body Fitness

Eat Right: Super foods for Stress Relief:

- Asparagus
- Beef
- Milk
- Cottage cheese & fruit
- Almonds
- Blueberries
- Tuna
- Corn flakes or crispy rice cereal

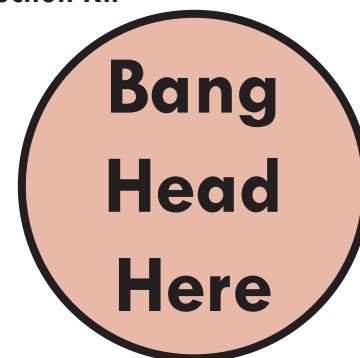


For more info, go to www.bhg.com

Keep Fit: Regular exercise:

- Improves your mood
- Combats chronic diseases
- Manages your weight
- Boosts your energy level
- Promotes better sleep
- Puts spark back into your sex life
- Can be – gasp – FUN!

Stress Reduction Kit



Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.