

WELCOA\* | JULY 2020

# WELL BALANCED<sup>o</sup>

*Mind, Body  
and Soul*

**FOOD  
TO FEED**  
MORE THAN  
JUST YOUR BODY

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**MINDFULNESS,  
MEDITATION  
& MINDSET**

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TIPS TO FEEL  
**MORE IN  
CONTROL**

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## 3 MOVES TO HELP YOU

# Take a Breather

by SEAN FOY, MA

Take a breather! We've all heard the term and we all have different thoughts about what it really means. What do you think of? Maybe a breathless athlete taking a much needed water break from a long grueling practice? Or maybe a nine-to-five employee waiting for a long awaited work break. Regardless of the context, we all know how important it is to take time out to recover and replenish the energy and oxygen our bodies need to be at our very best.

Two of the best ways to help you take a much needed pause is to incorporate light stretching and deep breathing together into your busy work day. Regular stretching activities performed with deep breathing exercises throughout your day (or before or after your workout) can have a significant impact on your health, fitness, flexibility and performance.

### 3 Ways to Take a Breather

**SCHEDULE BREATHERS:** Before your day begins, take a few minutes to look at your day and schedule the time you will perform some deep breathing along with light stretching. Use calendar reminders or your phone alarm to schedule this time. Even once a day can be a start to a great new habit!

**INTEGRATE BREATHERS INTO YOUR DAY:** Take 10 to 20 minutes a day to practice deep breathing and relaxation. Think about them as small breaks where you are practicing deep breathing and stretching while you are doing other activities like preparing for a meeting, on a conference call, doing house work or

standing in line at the grocery store. Taking deep, slow, cleansing breaths along with light stretching while performing other duties throughout your day will bring the needed energy and balance you need to be your best.

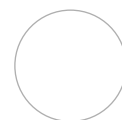
**TRY A PHYSICAL MOVE:** Here's a great physical move to help you take a much needed breather throughout your day. It will stretch your upper body and lower back, increase blood flow, and energize your mind and body. Try it at your desk, after a meeting or when talking on a conference call. All you'll need is a chair (or sturdy object such as a desk), a location you can safely stand and stretch and a timing device (such as a SMART Phone or watch) to keep track of time. Here's how to do it:

- » Place your hands loosely on the back of a stationary and sturdy chair
- » Walk your feet back 3-4 feet as you bend from the waist extending arms fully
- » Bend your knees slightly and slowly allow the weight of your head and upper body to descend applying gentle pressure on the shoulders
- » Hold this stretch position for approximately 10-30 seconds
- » Breathe deeply, inhaling through the nose and exhaling through the mouth

- » Walk your feet forward towards the chair and rest
- » Repeat the motion as many times as you'd like for a total of 2-3 minutes

#### Just a Few of the Benefits of Stretching & Deep Breathing:

- » Decreases muscle stiffness
- » Slows the aging process of your joints
- » Helps relieve post-exercise aches and pains
- » Improves posture
- » Helps reduce/manage your stress
- » Promotes circulation and prevents injury
- » Decreases the risk of low-back pain
- » Decreases depression, anxiety and stress
- » Strengthens immune system
- » Promotes better sleep
- » Normalizes heart rate and rhythm
- » Reduces fatigue and increases energy



#### About SEAN FOY, MA

President & Founder, Personal Wellness Corporation

Sean Foy is an internationally renowned authority on fitness, weight management and healthy living. As an author, exercise physiologist, personal trainer, behavioral coach and motivational speaker, Sean has earned the reputation as America's Fast Fitness Expert. His upbeat and sensible simple moves message even with the busiest of schedules has inspired many people all over the world. Sean has helped thousands of individuals with their wellness needs and is committed to encouraging everyone to attain optimal well-being for body, mind and spirit! Sean is a husband, father of two, and President & Founder of Personal Wellness Corporation.



# EMPLOYEE HEALTH & WELLNESS PROGRAM

unk.edu/wellness



## MONTHLY HEALTH OBSERVANCE • July *Minority Mental Health Awareness Month*

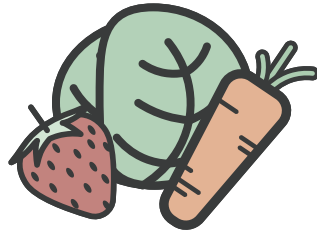
Each year millions of Americans face the reality of living with a mental health condition. In many communities, and often emphasized by background and identity, these problems are increased by less access to care, cultural stigma and lower quality care. That is why Minority Mental Health Awareness Month was established. Since 2008 the National Alliance on Mental Illness (NAMI) and supporters have been offering this opportunity to share the importance of care in our relationships to others, in mental health treatment and services and in support and education to millions of people, families, caregivers and loved ones affected by mental illness.

### Help be a part of the solution, contact:

National Alliance on Mental Illness (NAMI) • 703.524.7600  
[www.nami.org/Get-Involved/Raise-Awareness/Awareness-Events/National-Minority-Mental-Health-Awareness-Month](http://www.nami.org/Get-Involved/Raise-Awareness/Awareness-Events/National-Minority-Mental-Health-Awareness-Month)

# 1/2

Make half of your meals fruits, vegetables, and/or beans.



# 2008

Minority Mental Health Awareness Month was established.



# 5

Ways to feel more in control of your day.

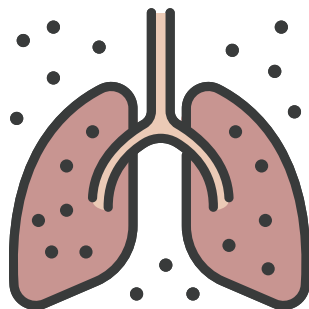


# 3

The 'M's of becoming a Stress Ninja: Mindfulness, Meditation & Mindset.

# 4x4 OR 8x4

Breathing meditation techniques.



## ANTHOCYANINS

Give blueberries their robust antioxidant punch.

