

BECONNECTED MENTAL HEALTH AND WELLNESS BULLETIN

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Bulletin No. 3

JOY FROM MOVEMENT

Physical movement boosts the chemicals in our brain that elicit happiness, however not all movement will work for everyone. It's important to find a type of movement that works for you!

Anything from simple stretching and walking to yoga and biking can elicit the response.

Somatic exercises are mind-body exercises that help to reduce stress through physical movement. Throughout the exercise, focus on your inner experience.

Unlike typical workouts, you're not trying to do as many exercises as possible about rather perform each exercise in a way that teaches you something about your body and its movements.

Try this simple somatic exercise to help you reset and refocus:

Release the tightness in your jaw



Roll back and release your shoulders



Shake out your hands and roll your wrists



Move your eyes side to side, left to right



Open your mouth and exhale a big lion's breath



Take three big inhales and elongate your exhales



1-877-2BE-CALM

The City of Victoria has created a toll-free telephone number to bring calmness and joy to your day.

Need a moment of calm?



The free services provided by TELUS brings auditory experiences to individuals in the Greater Victoria Area and across Canada.

The phone line has a wide variety of comforting and joyful content from Vancouver island featuring: calming nature sounds; indigenous stories; poetry; contemporary, instrumental, and ambient music; guided meditation, and children's voices.

<https://www.victoria.ca/EN/main/residents/culture/public-art/artist-in-residence/1-877-2be-calm-project.html>

YOGA POSE OF THE MONTH WITH NICOLE

Tree Pose - Vrksasana

Benefits:

- Improves balance and concentration
- Stretches groin while opening hips
- Calms and relaxes the mind
- Strengthens core, feet, and legs
- Brings forth a feeling of being grounded and stable

Start in Tadasana Pose (feet together with arms at sides palms facing forward). Distribute weight evenly into the four corners of your feet (big toe mound, pinky toe mound, inner heel, outer heel).

Begin to shift your weight into your left foot, and slowly lift your right foot off the floor. Keep a slight bend in your standing leg. For a less challenging option place heel of your right foot on top of your left foot with knee and foot pointing out to the right side. You can have your toes resting on the floor or can lift them. For a more challenging option you can bring the sole of your foot to rest on the inside line of your left leg with the placement above or below the knee.

Find a Drishti, which is a fixed point of focus to rest your gaze.

Slowly and with control bring your arms up overhead, palms facing each other, arms out in a V shape. Take 10 slow controlled breaths & when complete release arms and legs by allowing them to float back down into their natural position.

Do the same sequence on the other side

