

STRENGTHEN



Thrive

STRENGTHEN: **to become stronger or more effective.**

"Inside of a ring or out, ain't nothing wrong with going down. It's staying down that's wrong."

- Muhammad Ali

PREPARATION

As the world around us starts to open back up and people try to go back to normal, it can feel overwhelming and sudden. It is common to have fear, uncertainty and setbacks. Coming out of quarantine will look different for everyone and that is okay. However, now is a good time to strengthen your body and mind so you are able and ready to return to your life with confidence. Hopefully this toolkit can have you growing in your strength, focused and ready to take on all of life's challenges.

Mind:

The mind is just as important to take care of as the body. Going through a pandemic like this can be detrimental. Not only have people been stuck inside and cut off from direct social interaction for weeks, but something so intense and widespread can cause an outbreak of PTSD, worsened OCD and extreme anxiety to name a few. Moving past this time of life must include giving some attention to your mind. Here are a few simple ideas on how to strengthen your mind:

- **Recognize your stress.**
- **Read.**
- **Eat healthy.**
- **Exercise.**
- **Get enough sleep.**
- **Socialize.**
- **Meditate/visualize.**
- **Ask for help.**

Body:

Going through a pandemic takes its toll on everyone. Now is not the time to judge yourself, especially physically. If your schedule changes, most likely your body will change with it. There has been a lot of social media pressure about staying in shape or even losing weight during quarantine. While that may be an awesome goal for some, it is not realistic for everyone. Right now, focus on how you can strengthen your body to function in a way that keeps you healthy and happy. For example:

- **Eat vegetables and fruits for vitamins.**
- **Drink enough water.**
- **Exercise.**
- **Get adequate sleep.**
- **Recognize your stress.**

You may notice repeated tips for keeping your mind and body strong. This is because your mind and body work together. A weakened mind will affect the body's health as well as a weakened body may negatively affect the mind. Strive for a balanced and healthy lifestyle. Your body and mind will thank you.



Father's Day

JUNE 21st

is just around the corner, and it just so happens June is Men's Health Month. The purpose of Men's Health Month is to heighten awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease and depression. This month especially, thank the father figures in your life for all they do and remind them to get an annual checkup!



Help each other out!



One of the best ways to strengthen yourself and others is by helping one another. Look for people in your life who may need a little more help right now and offer your assistance. Not only will you provide relief to someone else in need, but the warmth you feel will be your own growth and strength.