

MAY IS MENTAL HEALTH MONTH

Join North Central Health Care for a month of tips, tricks and activities prioritizing YOUR Mental Health & Well-Being.



Did you know that **even minimal movement can help reduce stress** and boost your mood? Incorporating movement into your daily routine doesn't have to be complicated or strenuous. By trying some simple strategies, you can get moving and feel better in no time!

Incorporating Movement Into Your Workday

Do you feel like you're stuck at your desk or do repetitive tasks all day, with no time for exercise or full range movement? You're not alone. Many of us spend most of our workday in restrictive or reped-ative postures, which can lead to fatigue, stress, and a lack of focus. The good news is that incorporating small movements and exercise into your workday can help boost your mood, improve your health, and increase productivity. In this listicle, we'll share some ways you can try to get your body moving and elevate your mood.

TAKE A WALK BREAK - Instead of staying seated all day, take short walk breaks to get your body moving and clear your mind.

STRETCH IT OUT - Take a few minutes to stretch your muscles and loosen up any tension in your body.

PRACTICE DESK YOGA - You can do a few simple yoga poses at your desk, such as seated twists and forward folds, to promote relaxation and improve flexibility.

TAKE THE STAIRS - Instead of taking the elevator, take the stairs to get your heart rate up and burn some extra calories.

HAVE WALKING MEETINGS - If possible, suggest taking a walk outside instead of sitting in a conference room during meetings.

USE A STABILITY BALL - Sitting on a stability ball instead of a chair can help improve posture and engage your core muscles.

SCHEDULE MOVEMENT BREAKS - Set a reminder to take a movement break every hour or so, to prevent sitting for too long and to promote movement throughout the day.



Engaging in regular physical activity can reduce the risk of developing anxiety and depression by up to 20%

Try These Apps!



StretchMinder

The ultimate tool for desk-bound workers to keep active throughout the workday. Sit less, move more and feel better.

WakeOut!

Gentle reminders for busy schedules to move, stretch and drink water throughout the day.



StandUp!

Microbreak timer to encourage healthy habits and movement breaks.

Additional Resources Online: norcen.org/MentalHealthMonth

WEEKLY CHALLENGE: MOVEMENT BINGO!

This week, our focus is finding simple ways to incorporate a little more movement into our workday and into our daily lives. **Movement is important for mental health because it releases endorphins, reduces stress and anxiety, improves mood, and promotes overall well-being.** Enter Movement Bingo. The premise is simple: each square on the bingo card corresponds to a different movement or exercise you can do to break up periods on inactivity. As you complete each movement, mark off the corresponding square on your card. The goal is to complete a line or bingo, just like in traditional bingo.

TAKE THE STAIRS	MARCH IN PLACE FOR 30 SECONDS	TAKE 2 MINUTES TO STRETCH YOUR UPPER BODY	DO 5 PUSH UPS	MAKE UP A YOGA POSE AND HOLD IT FOR 15 SECONDS
BALANCE ON EACH LEG FOR 30 SECONDS	WALK A LAP AROUND THE BUILDING	SQUEEZE A STRESS BALL 10 TIMES PER HAND	TAKE A 5 MINUTE STRETCH BREAK	DO 5 LUNGES ON EACH SIDE
TAKE A SHORT WALK ON YOUR BREAK	DO 10 ARM CIRCLES IN BOTH DIRECTIONS	FREESTYLE! PICK YOUR OWN MOVEMENT	STRETCH YOUR SHOULDERS AND NECK	DO A WALL SIT FOR 30 SECONDS
TAKE A 1 SONG DANCE BREAK	DO 5 SQUATS	GET 10,000 STEPS IN A DAY	DO 5 JUMPING JACKS	SPEED WALK TO YOUR NEXT MEETING
SEE HOW HIGH YOU CAN JUMP, 5 TIMES	PLANK FOR 30 SECONDS	DO 15 CALF RAISES	PARK IN THE BACK OF THE PARKING LOT	TAKE 2 MINUTES TO STRETCH YOUR LOWER BODY