

Wellness Committee Newsletter

A QUARTERLY INSIGHT INTO PROMOTING YOUR HEALTH AND WELL-BEING

By Christine Panos, Wellness Coordinator & Community Health Coordinator

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MINDFULNESS AND WELLNESS RESOURCES

Spotify

Meditate with Me- Progressive Muscle Relaxation (Personal Favorite!)

Shandy Dhungana-Letting Go Guided Meditation

YouTube

Daily Calm- 10 minute Mindfulness Meditation-Be Present

Goodful-5 Minute Meditation You Can Do Anywhere

Tune Up Fitness-Vagus Nerve-Breathing for Relaxation (6 minutes)

Yoga with Adriene- Yoga at Your Desk (6 minutes)

Yoga with Cassandra- 5 minute Yoga for Neck Pain and Tension

TICK BITE PREVENTION AND ACTION

It's that time of year again. Ticks aren't just found in high grassy areas or the woods, they can be picked up in your yard. Here are some tick bite prevention tips: (1) Wear repellent (Lemon eucalyptus oil, rose-geranium oil, or a repellent with Picardin to name a few); (2) walk in the center of a trail when hiking; (3) change clothes immediately after activities such as walking the dog, hiking, gardening, or playing outside; (4) after being outdoors, check your body, pets, and children for ticks; and (5) shower soon after being outdoors. If you find that you have been bitten by a tick, check out this resource to remove it and to find out what you should do post bite: https://www.cdc.gov/ticks/pdfs/FS_TickBite-508.pdf

MONSTER CLASSIC 5K WALK/RUN

The Monster Classic is back (August 1st) and we want to invite you to participate for FREE! That's right! 100 Sullivan County employees will not be charged to participate. So act fast! Give me a call or send me an email if you'd like to participate. I'll be sending out a formal invitation soon.

WELLNESS CARTS

The Wellness Carts will be back in action starting the second week of July. There is one at DFS and the other is at the 911 Center. Each cart is affixed with items including jump ropes, pedometers, resistance bands, stress balls, yoga mats, and more!

PARKS AND RECREATION MONTH

July is Parks and Recreation month and we encourage you to find your park! There are plenty of parks here in Sullivan County. To find them, visit the County's Parks, Recreation, and Beautification webpage: <https://sullivanny.us/Departments/ParksRecreation> Also, see the link in the left margin that states "More parks, places, and pages to visit."

Upcoming Wellness Committee Events:

Walnut Mountain Tree Walk July 7th

DYC Callicoon River Run July 18th

Monster Classic 5k Aug 1st (Walk or Run)

**Wellness Committee meetings:
July 28th & August 25th**



Thinking about becoming a Wellness Champion? Have a wellness idea or question? Reach out to me!

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Check out the Wellness Committee webpage for more health and wellness information: <https://sullivanny.us/Departments/Wellnesscommittee>