

CC Wellness- May2019

Mental Health:

So, what exactly does it mean to be mentally healthy? We all have an idea of what mental illness looks like, but what about mental wellness?

People with a positive mental health mindset tend to embrace most or all of the following traits:

- A Positive Mental Attitude*- No this doesn't mean the person is naive or has a constant smile plastered on their face, rather it means they are curious, open and interested in new thoughts, ideas and activities. In essence they are grateful to be alive and embrace what life has to offer.
- *A Realistic Attitude*. People with a realistic attitude aren't either optimists or pessimists, but they have the ability to see the world as it is. Many people try to alter life or see reality through their own "lens". A realistic attitude leads to people viewing the world as it truly is.
- Freedom From Self-Pity*. Many people feel they are entitled to a better life a brighter life, rather than creating that life they tend to view their life as "getting the raw deal". Asking "why me" and feeling sorry for your life or your situation steals your own power and belief in the fact that you have the ability to change your life at any time.
- An Openness To Love*. People who have the ability to love unconditionally and freely are mentally healthy. Many people only give love with conditions or use relationships for their personal gain.

10 commandments of mental health

PositiveMed.com

- 1- Think positively; it's easier
- 2- Cherish the ones you love
- 3- Continue learning as long as you live
- 4- Learn from your mistakes
- 5- Exercise daily; it enhances you well-being
- 6- Do not complicate your life unnecessarily
- 7- Try to understand and encourage those around you
- 8- Do not give up; success in life is a marathon
- 9- Discover and nurture your talents
- 10- Set goals for yourself and pursue your dreams

-*An Ability To Adjust To Change*.

Those with excellent mental health choose to thrive on change rather than resist or fight it. People who have a loving and open nature naturally have a safety net when things go wrong, making those with such attitudes adjustable to new experiences.

-*An Awareness Of Their*

Limitations. Many people go through life clinging to hope and possess unrealistic dreams. They may transfer these dreams on to children. The reality is that the majority of people are average and mentally healthy people understand their capabilities and perform to the best of their abilities without putting their selves down. They have a realistic view of their talents and embrace their abilities both great and mediocre.



We aspire to reduce claims and have healthier staff through education. We are here to support and provide information that empowers them- Converse County Wellness Committee.

Winners!

Wellness Drawing Winners!!!

***Ira Kinneberg**

***Pam McCullough**

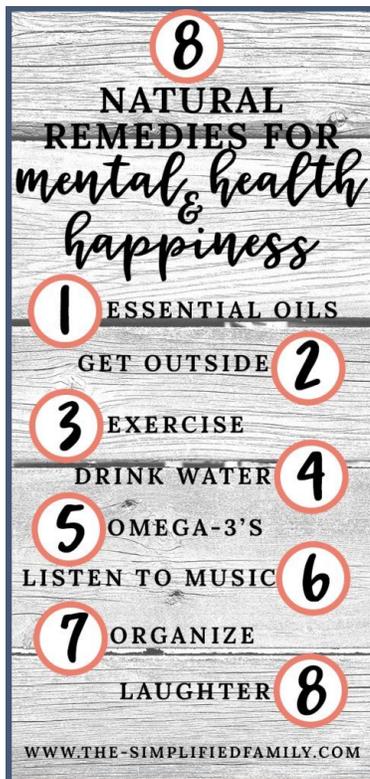
***Russ Dalgarn**

***Patti Cobb**

Thank you for participating in our monthly drawing! You have the choice of an extra

wellness benefit for the month of May, including infrared sauna sessions or a Healing Waters session!

Email Crimson Miller to Enter!



WELLNESS COMMITTEE

- * **Kim Hiser** Department: Treasurer's Office
Contact: kim.hiser@conversecountywy.gov
- * **Tiffany Martin** Department: Treasurer's Office:
tiffany.martin@conversecountywy.gov
- * **Dixie Huxtable** Department: Assessor's Office
Contact: (307) 358-2741
- * **Mary Schell** Department: Emergency Management
Contact: mary.schell@conversecountywy.gov
- * **Crimson Miller** Department: Road & Bridge
Contact: crimson.miller@conversecountywy.gov
- * **Shea Lehnen** Peak Fitness
Contact: shealehnen@yahoo.com



Infrared Sauna's have been added to **YOUR** monthly benefit! \$50 toward your Sauna use can be used at the following locations:

- *Douglas Day Spa
- *Joyful Living Massage & Wellness
- *Peak Fitness

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Providers for the Converse County Wellness Benefit

Fitness Centers

The Body Shop

113S. 2nd Street
Douglas, WY 82633
(307) 358-8325

Peak Fitness/2nd Street Yoga

1185 Yuma Drive
Douglas, WY 82633
(307) 358-9888

Massage Providers

Douglas Day Spa

221 E. Walnut Street
Douglas, WY 82633
(307) 358-5244

Michele's Massage Therapy

100 N. 2nd Street
Douglas, WY 82633
(307) 351-0132

Inner Strength Therapy

501 E. Richards Street
Douglas, WY 82633
(307) 358-4663

Pure Rain

123 S. 2nd Street
Douglas, WY 82633
(307) 358-2500

Joyful Living Massage & Wellness

209 W. Center Street
Douglas, WY 82633
(307) 298-9891