

Converse Wellness

20/20 vision

HOW TO SET Intentions

1. REFLECT

What values do you want to embody? What decisions will get you closer to where you want to be? How do you want to feel?

2. WRITE THEM DOWN

Writing down your intentions will help make them more tangible and puts them out in the universe to help them come to life.

3. KEEP THEM POSITIVE

Instead of setting an intention like "stress less" flip it into "be calm, relax and trust that everything will work out." Focus on the good.

4. MAKE THEM VISIBLE

Hang them up in a spot that you spend a lot of your time. Revisit them frequently so you're constantly reminded of what you're working on.

5. GIVE YOURSELF FEEDBACK

Do an "evening check" or use visual reminders throughout the day to reflect on what you're doing great on and what you need to work on.

6. HAVE FUN

Remember that this is a fun, guiding practice to help you take small steps to improving yourself each day – not perfection.

The New Year! It's here! Hard to believe that we are going into a new year already, but not only a new year, a new decade as well! The winter season is now upon us and after the winter solstice more light comes our way each day. Winter is the best time for reflection because we are more dormant; we naturally settle down and take time to relax. With the slowness of winter and the beginning of a new year we ask each of you to reflect on your lifestyle and behaviors. Does your lifestyle align with your goals and wishes? Do you FEEL well? Are you satisfied with your life? Now is the time to gain vision, 20/20 vision. Looking back to identify areas in your life where you have room to grow and looking ahead to decide what to tackle. The beautiful thing about being human is that we ALL have things we can work on, improve and find growth. This shift isn't only for ourselves but for every person we come into contact with, it's very important. Sit down with a cup of tea, light a candle and set some intentions! Happy 2020!

Have you signed up for the Sugar Detox Challenge Yet! We start January 6th! Get your registrations in today! \$20 buy in and HUGE Prizes! See attached signup sheet!

LIVE LESS OUT OF HABIT & MORE OUT OF INTENT.

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.

Your wellness benefit providers!

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

Certain Serenity

1185 Yuma Drive

Douglas, WY 82633

(307) 359-9469

Inner Strength Therapy

501 E. Richards Street

Douglas, WY 82633

(307) 358-4663

Massage Providers

Joyful Living Massage & Wellness

209 W. Center Street

Douglas, WY 82633

(307) 298-9891

Michele's Massage Therapy

100 N. 2nd Street

Douglas, WY 82633

(307) 351-0132

Pure Rain

123 S. 2nd Street

Douglas, WY 82633

(307) 358-2500

Infrared Sauna Provider:

Peak Fitness (4 partner sessions/month)

1185 Yuma Drive

Douglas, WY 82633

(307) 358-9888

Float Therapy

307 Healing Waters

4697 W. Yellowstone Hwy.

Mills, WY 82644

(307) 215-6219

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