

Mindfulness

As we focus on heart health for the month of February, I wanted to discuss Mindfulness and how it relates to heart health. Mindfulness is a simple term that means “the quality or state of being conscious or aware of something.” Mindfulness involves three components, intention-choosing to cultivate your awareness, attention-to the present moment, sensations and thoughts, and attitude-being kind, curious and non-judgemental. So how do these things fit in with heart health? In a Stanford study, mindfulness increases activity in the prefrontal cortex that helps regulate emotions, subsequently reducing stress. Other studies through the NIH and another at Brown found that mindfulness can help reduce CVD risk factors, by improving blood pressure and reducing the risk factor for stroke. There is also evidence that mindfulness can increase healthy eating practices as participants focus on the taste and quality of their food.

Ways to practice mindfulness:

[1 Minute Mindfulness Exercise](#)

[5 Simple Daily Mindfulness Practices](#)

[10 Mindfulness Exercises for your Daily Routine](#)

Mindful Minutes challenge

LCIC wants to recognize those who are prioritizing their mental health. That’s why we’re hosting a Mindful Minutes Challenge using Calm, the leading app for sleep, meditation, and relaxation. All you need to do is sign up for your free Calm premium account and collect 100 Mindful Minutes by listening to meditations, sleep stories, and masterclasses in the app. There will be 40pts given if you are participating in the wellness program. To register for the challenge, visit: [OPT-IN FORM](#). The challenge will run from Feb 1 to Feb 29.

February Courses

Women’s Health with Sandra Lentz, CRNP. If you missed her first class, we are holding a second one due to it’s popularity. We will discuss perimenopause and menopause again.

Tuesday, February 6th, 5:30-6:30, 2400 Reach Rd, Williamsport

Click Link to register: [Women's Health](#)

Cooking with Carnie-Sweet and Savory Breakfast.

Tuesday, February 20th 6:00-7:00pm (Zoom)

Click link to Register: [Cooking with Carnie](#)

Self Care is Taking Your Power Back with Life Coach Morgan Williams

This workshop is for people who are interested in learning simple and effective self-care practices. We will view self-care through the lens of it being a preventative, rather than a reactive approach to our personal health. If you are experiencing burnout, this workshop is for you.

Monday, February 26th, 5:00-6:00pm, 2400 Reach Rd, Williamsport

Click Link to register:

[Self Care is Taking Your Power Back](#)

Make Up Health Screening

Saturday, Feb 10th, 8:30-9:30

Click Link to Register:

[Health Screening](#)

Healthy Recipe
[Chicken Mole Enchiladas](#)



Calm App

Finding Balance

Throughout our lifetime, there will be moments when work-life balance seems to be out of reach. But it doesn't have to be that way. When you create a daily routine that instills mindfulness practices that intentionally create space for balance, it'll benefit your overall mental well-being as well.

Start regaining balance in your life with the following Calm resources:

Balancing, Not Balance

In this 11-minute Daily Trip session with Jeff Warren, you'll do a guided meditation to explore the dynamic process of finding balance in your daily life.

Slow the Swirl in Your Mind

In this 2-minute grounding exercise with Jay Shetty, you'll learn how to slow negative spirals and calm feelings of being overwhelmed.

Letting Go of the Day

In this 6-minute guided meditation with Chibs Okereke, you'll learn how to transition mindfully from your workday to your personal time through a body scan.

Chillout Sessions

In this music series from the Ministry of Sound, you'll explore bespoke mixes to clear your mind and lift your mood.

Check out the Calm app for other diverse resources that'll support your mental health journey. Haven't redeemed your free Calm Premium subscription yet? Visit <https://www.calm.com/b2b/lcic/subscribe>

Join a [Calm App Webinar](#) to learn how to personalize your app experience or deep dive into monthly themed topics to enhance your mental health toolkit.

