

Mental Health & Wellness – Q&A

- **Q: I liked the guided imagery and progressive muscle relaxation scripts you did. How can I get a copy of them?**
- A: You can either type into a search engine, like google, guided imagery or progressive muscle relaxation script...because there are many free scripts available online. Or you can email me at jmeister@activehealth.net and I can email you the scripts I used today.

- **Q: Earlier, one of the slides said to eat healthy for consistent energy. What are some nutrition tips for consistent energy?**
- A: One, be sure to eat some carbohydrate at each meal. This could be fruit, vegetables, beans, dairy, or whole grains. Carbohydrate is your body's preferred energy source. Couple this energy source with a little fiber and/or protein to slow down the carbohydrate's digestion and give you a steady, longer-term supply of energy, rather than a jolt of energy then a dip in energy. And finally, eating smaller more frequent meals and snacks is better for energy than eating bigger, less frequent meals and snacks.

- **Q: When someone does journaling to improve their mental health and wellness, what do they journal about?**
- A: You can try writing about your day...including what happened, what went well and what didn't...you can write about your stressors of the day and how you felt about them...or you can keep a gratitude journal where at the end of every day you write down 5 things you are grateful for regarding your day or life.