

July 2019  
 Bathroom Banter  
 wellness@sanantonio.gov  
 (210) 207-WELL



DOUBLE POINTS!

7/8 - 7/14

Earn double points for completing a Journey step, stage or entire program!

Go to "Programs" in the Virgin Pulse app to begin.



Clutter can promote or increase stress by increasing anxiety, causing distractions, and causing sleep loss! Clear your mind this summer by clearing the clutter:

1. Set aside 10 minutes each day to pick up around your house or work area.
2. Let go of things you are not using: clothing, knick-knacks...etc.
3. Reduce entertainment clutter (social media, tv shows..etc.)

### Education Sessions Mindfulness-Based Stress Reduction (MBSR)

**10TH JULY** 12-1 PM  
 RIVERVIEW TOWERS  
 HABANERO ROOM  
 111 SOLEDAD

**16TH JULY** 12-1 PM  
 MUNICIPAL PLAZA  
 B-ROOM  
 114 W. COMMERCE STREET

Presented by Lucy Ziegler

MBSR is an practical approach which trains attention, allowing people to cultivate awareness and therefore enabling them to have more choice and take wise action in their lives.



### Mindful eating 101:

- Eat slowly
- Eat only until you are full
- Eat for your health
- Appreciate your food

# Hydrate!

Drinking water is important to brain, organ, joint, & muscle health!

- Maintains balance of body fluids
- Controls calories
- Energizes muscles
- Keeps skin looking good
- Helps your kidneys
- Maintains normal bowel function



Source: WebMD



## Mindful Eating

Eating mindfully means to reach a state of full attention to your experience, cravings and physical cues when eating.