



FEBRUARY - APRIL 2022  
**QUARTERLY  
NEWSLETTER**  
VOLUME 2, EDITION 3

### Who are we?

Meet The Grow Well Partners



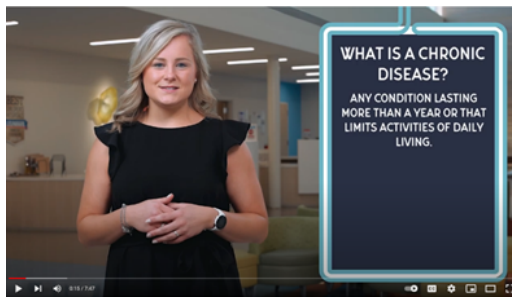
## Featured:

- **Check out our new video**  
Learn more about our programs.
- **Save the date**  
Chronic disease management screenings
- **Hesitant about the Covid-19 vaccine?**  
Watch our videos. Learn the facts.
- **Mental health moment**  
Prioritize your mental wellness.
- **Living well with chronic conditions**

*"Hello...it's me..."*

### GET TO KNOW US!

Check out our NEW video by scanning the QR code below to watch and learn more about our programs.



Announcements,  
**Announcements,**  
Announcements:

## CHRONIC DISEASE MANAGEMENT SCREENINGS



Screenings are from 7-11 am by appointment only.

Call 731-644-8215 for an appointment.

Screenings are for Chronic Disease Management patients and are held at Henry County Medical Center in Classrooms 2 & 3.

Find out more about all of our programs by visiting [www.growwelltn.org](http://www.growwelltn.org)

## COVID-19 *updates:*

Are you hesitant to receive the COVID-19 vaccine?  
Scan the QR code below!



Do Your Part and Get Vaccinated - en español



Do Your Part and Get Vaccinated



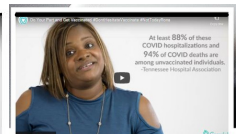
Myths and Facts about the COVID 19 Vaccine



Do Your Part and Get Vaccinated - Lebonheur



Do Your Part and Get Vaccinated - Frontline Providers



Help Your Community

# mental health moment

## 3 Ways to Prioritize Your Mental Wellness in Everyday Life

Kirstie Williams LMSW

**1** Begin with a mindful morning. Nothing is more flustering than rushing to work after hitting snooze 3 times. Challenge yourself to get up with enough time to take a mindful approach to your day. Wake up, drink some coffee, make a satisfying breakfast and then begin your day. Consider a gratitude journal that you write in first thing every morning or listen to an encouraging podcast during your commute. This begins your day “on the right foot” and preserves your energy for any hurdles you may encounter later in the day.

- *Pro Tip: Get a sunrise alarm clock and place it by your bed. It mimics the rising of the sun and gradually wakes you up with music. Making it more of a “natural” and easy wake up instead of hearing an alarm jolt you awake.*

**2** Take a lunch break. We often can get caught up in the busyness of the day that we rush through everything. Taking a lunch break reminds you to slow down and breathe, You are more than your job responsibilities. Whatever tasks need to be completed can wait until you take care of yourself first! We have breaks scheduled for a reason—our brains and bodies need the rest.

**3** Have an outlet. Whether it is reading a book after dinner, going on a walk, or just talking with a friend on your drive home, Find a place to decompress after each day. Yes, I said **each** day. Starting habits before we are stressed helps us better rely on them in times when we are most stressed. Make sure your outlet is practical, accessible and obtainable to do each day. This intentional act helps you decompress the day so that you can begin each day with a fresh perspective and renewed energy.

## LIVING WELL WITH CHRONIC CONDITIONS PROGRAM

A six-week program to help you improve your health—one step at a time!



### What is this program about?

- *Living Well with Chronic Conditions* is a fun, skill-building program designed for persons with chronic disease.
- The program helps individuals take day-to-day responsibility for the care of their chronic condition.
- Participants gain skills necessary to self-manage their condition and work effectively with their health care providers.

### Who can take part?

- Anyone living with a chronic condition (examples: asthma, COPD, arthritis, depression, diabetes, cancer, heart disease, obesity and fibromyalgia).
- Family members, friends or caregivers of an individual with a chronic condition.

### Program Details:

- **6-week program** (6 sessions, 2 hours per session)
- The program is **FREE**
- **Registration is required**

## LIVING WELL WITH CHRONIC CONDITIONS

### Session Topics

- Mind-Body Connection
- Better Sleep
- Goal Setting/Action Planning
- Problem Solving
- Physical Activity and Exercise
- Dealing with Difficult Emotions
- Improving Balance
- Pain and Fatigue Management
- Making Healthy Food Choices
- Better Breathing
- Communicating with Friends and Family
- Working with your Health Care Professional
- Positive Thinking
- Mood Management
- Making Informed Treatment Decisions
- Medication Usage
- Weight Management
- Decision Making



Join Us for this **FREE, 6 Week Program** from the Comfort of Your Home! This Telehealth Class Begins **Thursday, February 24 from 10 a.m. to 12 Noon.**

Call **731-644-8215** or **731-644-3463** to **Learn More or Register.**

[www.growwelltn.org](http://www.growwelltn.org)  
[www.hcmc-tn.org](http://www.hcmc-tn.org)

Brought to You By:

**HIC HENRY COUNTY  
MIC MEDICAL CENTER**



PARIS AND HENRY COUNTY  
HEALTHCARE FOUNDATION INC.

 **GrowWell**



# BRAIN FOOD

**SUPERFOODS** for  
BRAIN HEALTH

- |           |               |                |
|-----------|---------------|----------------|
| BEETS     | BLUEBERRIES   | BLACK BEANS    |
| AVOCADOS  | LEAFY GREENS  | WHOLE GRAINS   |
| GREEN TEA | NUTS          | DARK CHOCOLATE |
| BROCCOLI  | TURMERIC      | EGGS           |
| SALMON    | PUMPKIN SEEDS | WATER          |