

LET'S TALK ABOUT YOUR EMOTIONAL HEALTH BY TAKING A MENTAL PAUSE

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LET'S TALK ABOUT YOUR EMOTIONAL HEALTH BY TAKING A MENTAL PAUSE



Have you noticed that recently you've been experiencing higher than normal levels of anxiety or depression? With everything we've gone through this past year, it's hard not to feel anxious or upset. Here at CPTE, we understand that mental health is just as important as physical health.

If you are struggling with your mental health, contact one of our clinics today for more information on how our different services can benefit you. It's our top priority to make sure our patients are feeling their best physically as well as mentally.

Mental Health Counseling Services

As a result of all the changes we've had to adjust to, many people have developed issues with their mental health, and may not find themselves feeling as positive or hopeful as they once did. It's important to remember that you do not have to handle your mental health alone; sometimes professional help is necessary.

Common Mental Health Disorders:

- Depression
- Grief
- Anxiety
- Attention Deficit Hyperactivity Disorder (ADHD)
- Post-Traumatic Stress Disorder (PTSD)
- Anger management
- Obsessive-Compulsive Disorder (OCD)
- Disruptive Mood Dysregulation (DMD)
- Behavioral issues

(Continued Inside)

PRIORITIZE YOUR PHYSICAL & EMOTIONAL HEALTH!

Schedule an in-person or telehealth check-in by giving us a call at one of our four locations or visit our website at www.CPTE.net today! -Your friends at CPTE



MENTAL HEALTH & EXERCISE

(Continued from Outside)

How Exercise Affects Mental Health

Everyone knows that regular exercise is good for the body. But exercise is also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

Exercise and Depression. Maintaining an exercise schedule can prevent you from relapsing. It promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.

Exercise and Anxiety. Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out. By adding this mindfulness element—really focusing on your body and how it feels as you exercise—you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head.

Exercise and ADHD. Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Physical activity immediately boosts the brain's dopamine, norepinephrine, and serotonin levels—all of which affect focus and attention.

Exercise and PTSD and Trauma. Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become “unstuck” and begin to move out of the immobilization stress response that characterizes PTSD or trauma. Instead of thinking about other things, pay close attention to the physical sensations in your joints and muscles, even your insides as your body moves. Exercises that involve cross movement and that engage both arms and legs—such as walking (especially in sand), running, swimming, weight training, or dancing—are some of your best choices.



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CALL US TODAY IF YOU ARE EXPERIENCING PAIN.

7 TIPS FOR GARDENING COMFORTABLY



- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one knee and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and tight stretching, similar to stretches done before starting.

Strengthen Your Core In Minutes

Try this exercise to strengthen your core.

Strengthens Your Core

Exercises copyright of
SimpleSet Pro

CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner. Repeat 20 times.



FIND US ON SOCIAL MEDIA



www.CPTE.net

HAS IT BEEN 6 MONTHS SINCE YOU COMPLETED THERAPY?



Want to make sure you are still on the right path to staying pain-free?

Are you feeling any aches and pains in the same location or elsewhere?

SCHEDULE YOUR FREE POST-DISCHARGE EVALUATION

Let your physical therapist at CPTE help you make health and wellness a way of life! It is of our utmost priority to help you reach your physical therapy goals, improve your quality of life, and get you back to the activities you enjoy.

Call us to schedule your Free Post-Discharge Evaluation!

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Spots fill up fast so call to schedule today! Ends 08/31/21.

TRIVIA CHALLENGE



Call in with the correct answers to be entered into a prize drawing at the end of the month!

1. Hg is the chemical symbol of which element?
2. What is Chandler's last name in the sitcom Friends?
3. How many pairs of wings does a bee have?
4. What type of golf clubs are used for long shots from the tee or fairway?
5. Where would you find the Sea of Tranquility?
6. Who was the winner of the 2021 PGA Championship, becoming the oldest major champion in golf history at age 50?

(Answers from last trivia challenge: 1. 10 inches 2. False 3. Car radiator 4. Penguins and polar bears 5. Russia 6. Six