



Wellness Wednesday



Guided Yoga

Yoga is a mind and body practice that can boost physical and mental well-being. It's a combining of breathing exercises with meditation and physical poses. And the benefits are endless when you incorporate a yoga practice into your life. How can yoga help?

1. Improve heart health
2. Lower blood pressure
3. Reduce stress, anxiety and depression
4. Encourages relaxation
5. Can help with chronic pain
6. Can help promote better sleep
7. Improves breathing, flexibility and balance
8. Increases strength
9. And the list goes on!

But, if you have never tried yoga, or don't know how to get started, it can be a bit daunting. A guided, gentle yoga class for beginners might be just the right first step for you. [You can find some on YouTube such as these options from Burlington's Sangha Studio.](#) Or check with a local yoga studio or your YMCA for class availabilities.

NAMI Vermont Minute:

NAMI Vermont's **Peer Connection Support Groups** has many benefits for someone struggling to maintain their mental health. These free, 90-minute group meetings give peers the chance to learn from each others' experiences, share coping strategies, and provide each other with encouragement and support to know they are not alone. These groups are run by trained peers living in recovery.

NAMI Vermont's **Family Support Groups** help empower and educate family members and close friends of individuals with persistent mental health challenges. These are also free, 90-minute group meetings. These free, 90-minute groups are led by trained volunteers who have a family member living with a mental health condition and understand the same challenges you may be experiencing.

If you would like to learn more about becoming a facilitator, visit namivt.org/education-teacher-facilitator-training/.