

# Color Yourself Calm



# Daily Dose *of vitality!*

March 29, 2020

## Tulsa Botanic Garden on TV

The flowers are in bloom - and you can experience them from home!

Tune in to Montereau's in-house channel (1960) each day this week to see videos from Tulsa's Botanic Garden.

The video clips will play several times each day so be sure to watch. We will also send out links to the videos in our Virtual Vitality email blast.



## Share Your Artwork!

Are you enjoying the Color Yourself Calm pages? Show us your handiwork by leaving your finished creations outside your door or taping them to your door for all to see!

We'll snap a picture and may feature your work in an upcoming issue of the *Daily Dose of Vitality* or on our Facebook page.



# Stay Active!

Check out the Exercise of the Day!

## Chair Dip

This pushing motion will strengthen your arm muscles even if you are not able to lift yourself up off the chair.



1. Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
2. Lean slightly forward; keep your back and shoulders straight.
3. Grasp arms of chair with your hands next to you. Breathe in slowly.
4. Breathe out and use your arms to push your body slowly off the chair.
5. Hold position for 1 second.
6. Breathe in as you slowly lower yourself back down.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15

## Happiness Hack

Stressful situations can lead to anxiety and depression and can even lower your immune system. So we're sharing some "Happiness Hacks" to help boost your mood!

### Nourish the Body

Indulge in some tasty foods such as dark chocolate, leafy greens and other folate-rich foods, blueberries, chamomile or lavender tea, and magnesium-rich seeds such as pumpkin or sunflower seeds. Nutrients in these foods are thought to be related to emotional health.

Feel the feeling but don't become the emotion. Witness it. Allow it. Release it.

-Crystal Andrus



# Brain Puzzle of the Day

The objective of Sudoku is to fill the grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid contains all of the digits from 1 to 9.

						8		6
4		5	6	9			1	
		9			2	4		
5					3		8	
		7	8		9	6		
	9		2					3
		4	7			1		
	6			4	1	7		8
7		3						

## The Power of Journaling

Did you know journaling can help reduce anxiety and stress and help you better process events taking place in your life? Grab paper or a notebook and try it today. Start with this prompt:

**What is your favorite hobby, or what is a hobby you would like to try?**

4	9	2	5	8	6	3	1	7
8	5	7	1	4	3	2	9	6
9	3	1	6	7	2	4	5	8
3	4	5	7	6	2	8	9	1
1	2	9	6	5	8	7	4	3
7	8	9	3	1	4	6	2	5
5	7	4	2	3	1	9	8	6
2	1	3	8	9	6	5	7	4
6	9	8	4	7	5	1	3	2