

# THE JOURNEY JOURNAL

 February 2022 Edition

**Welcome** to the February 2022 Edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Reminders, Pray With Us, Relaxation Techniques, Black History Month Crossword, Riddles & Games (and Answers), and a Coloring Page.

## **Starting Off With a Couple of Reminders:**

1. **Happy Black History Month:** This month we honor all of those belonging to the African American community who had an influential role in building our country.
2. **Happy President's Day:** This year President's Day falls on February 21st. President's day is a day in which we honor all those who served as President of the United States. Specifically, we honor George Washington, the first president!
3. **Happy Valentines Day!** Valentines Day falls on February 14th and is a day in which we can show our loved ones how much we appreciate them!
4. **Happy Groundhog Day!** Will the Groundhog see its shadow on February 2nd, or will spring come early? We will just have to wait and see!

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# Pray With Us

Happy February!

When I think of February, I think of Valentine's Day and am reminded of National Heart Month, and of course there is "Wear Red Day" which is February 4th. All of these days refer to our hearts, hearts filled with love, and hearts that need to be taken care of. When we think of taking care of our hearts we usually think of exercise, eating healthy and reducing our stress. Definitely all very important, but have you ever thought about guarding your heart? Guarding your heart means to forgive others who may have hurt you.... to let go of any anger, bitterness and resentment toward another that you may have and to release their hurtful behavior or words they may have spoken to you to God.

*Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Colossians 3:13*

We need to be mindful of what we think about. Our minds and heart are intricately connected. What we think about affects our inner spirit and heart. The Bible tells us to think about things that are pure and right and heavenly. When we do this, it creates a healthy environment for the rest of the body. In almost magical ways, these good thoughts sink deep into our being and have an impact on our nervous system and endocrine system. The hormones that are released in our bodies when we think good thoughts are heart-healthy, as opposed to the harmful hormones that are released when we are thinking negative thoughts.

*Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8*

Decide to have a cheerful heart. By attending to your thoughts, forgiving others and daily reading the Bible and meditating on God's truths, you can more easily have a cheerful mindset. This is health promoting.

*A cheerful heart is good medicine. Proverbs 17:22*

Loving God,

Help us to have hearts filled with praise and love, therefore allowing the words that come out of our mouths to be supportive, kind and pleasing to you. Amen

Blessings for a joy filled month completed by the love of God.

Pastor Carol



# Relaxation Techniques

Relaxation techniques are a great way to help with stress management. Relaxation isn't only about peace of mind or enjoying a hobby. Relaxation is a process that decreases the effects of stress on your mind and body. Relaxation techniques can help you cope with everyday stress and with stress related to various health problems, such as heart disease and pain.

Whether your stress is spiraling out of control or you've already got it tamed, you can benefit from learning relaxation techniques. Learning basic relaxation techniques is easy. Explore these simple relaxation techniques and get started on de-stressing your life and improving your health.

In general, relaxation techniques involve refocusing your attention on something calming and increasing awareness of your body. It doesn't matter which relaxation technique you choose. What matters is that you try to practice relaxation regularly to reap its benefits.

## **Types of relaxation techniques include:**

- **Autogenic relaxation.** Autogenic means something that comes from within you.
  - In this relaxation technique, you use both visual imagery and body awareness to reduce stress.
  - You repeat words or suggestions in your mind that may help you relax and reduce muscle tension. For example, you may imagine a peaceful setting and then focus on controlled, relaxing breathing, slowing your heart rate, or feeling different physical sensations, such as relaxing each arm or leg one by one.
- **Progressive muscle relaxation.** In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group.
  - This can help you focus on the difference between muscle tension and relaxation. You can become more aware of physical sensations.
  - In one method of progressive muscle relaxation, you start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. You can also start with your head and neck and work down to your toes. Tense your muscles for about five seconds and then relax for 30 seconds, and repeat.

# Relaxation Techniques

- **Visualization.** In this relaxation technique, you may form mental images to take a visual journey to a peaceful, calming place or situation.
  - To relax using visualization, try to incorporate as many senses as you can, including smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about the smell of salt water, the sound of crashing waves and the warmth of the sun on your body.
  - You may want to close your eyes, sit in a quiet spot, loosen any tight clothing, and concentrate on your breathing. Aim to focus on the present and think positive thoughts.

## Relaxation techniques take practice

- As you learn relaxation techniques, you can become more aware of muscle tension and other physical sensations of stress. Once you know what the stress response feels like, you can make a conscious effort to practice a relaxation technique the moment you start to feel stress symptoms. This can prevent stress from spiraling out of control.
- Remember that relaxation techniques are skills. As with any skill, your ability to relax improves with practice. Be patient with yourself. Don't let your effort to practice relaxation techniques become yet another stressor.
- If one relaxation technique doesn't work for you, try another technique. If none of your efforts at stress reduction seems to work, talk to your doctor about other options.
- Also, bear in mind that some people, especially those with serious psychological issues and a history of abuse, may experience feelings of emotional discomfort during some relaxation techniques. Although this is rare, if you experience emotional discomfort during relaxation techniques, stop what you're doing and consider talking to your doctor or mental health provider.



Journey Hospice: 609-380-4302







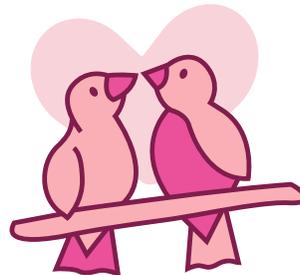
February 2022 Edition

# Riddles & Games



## February Trivia

1. True or False: At one time February was the last month of the year
2. February gets its name from the word februa. What language does this word come from?
3. What is the meaning of the word februa?
  - a. more daylight
  - b. purification
  - c. winter
4. Which of these flowers do many people consider February's flower?
  - a. snowdrop
  - b. primrose
  - c. crocus
5. How often does February have 29 days?
6. The 2nd of February is Groundhog Day. It is also a special day for Roman Catholics. What is it?
  - a. St. Andrew's Day
  - b. Ascension Day
  - c. Candlemas Day



4	+	8	-		3
-		+		÷	
	×		+		8
+		+		+	
	-		+		1
1		16		9	

### Fill in the missing numbers

The missing values are the whole numbers between 1 and 9.

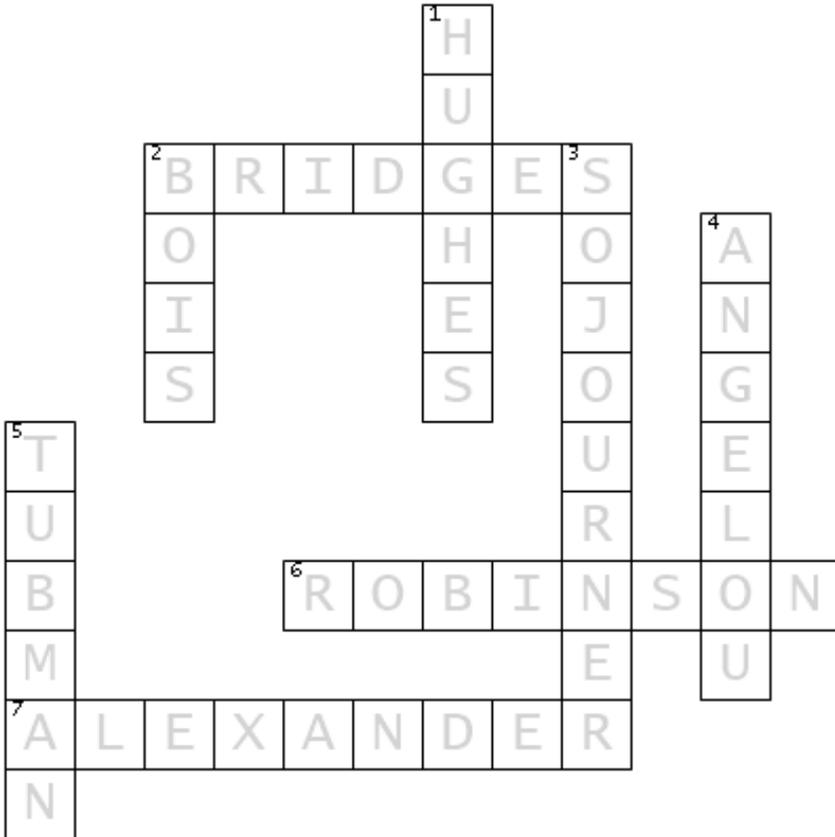
Each number is only used once.

Each row is a math equation.

Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.

# Answers



4	+	8	-	9	3
-		+		÷	
5	×	1	+	3	8
+		+		+	
2	-	7	+	6	1
1		16		9	

1. True, Originally the Roman calendar was only ten months.
2. Latin
3. purification
4. primrose
5. Every four years
6. Candlemas Day

