

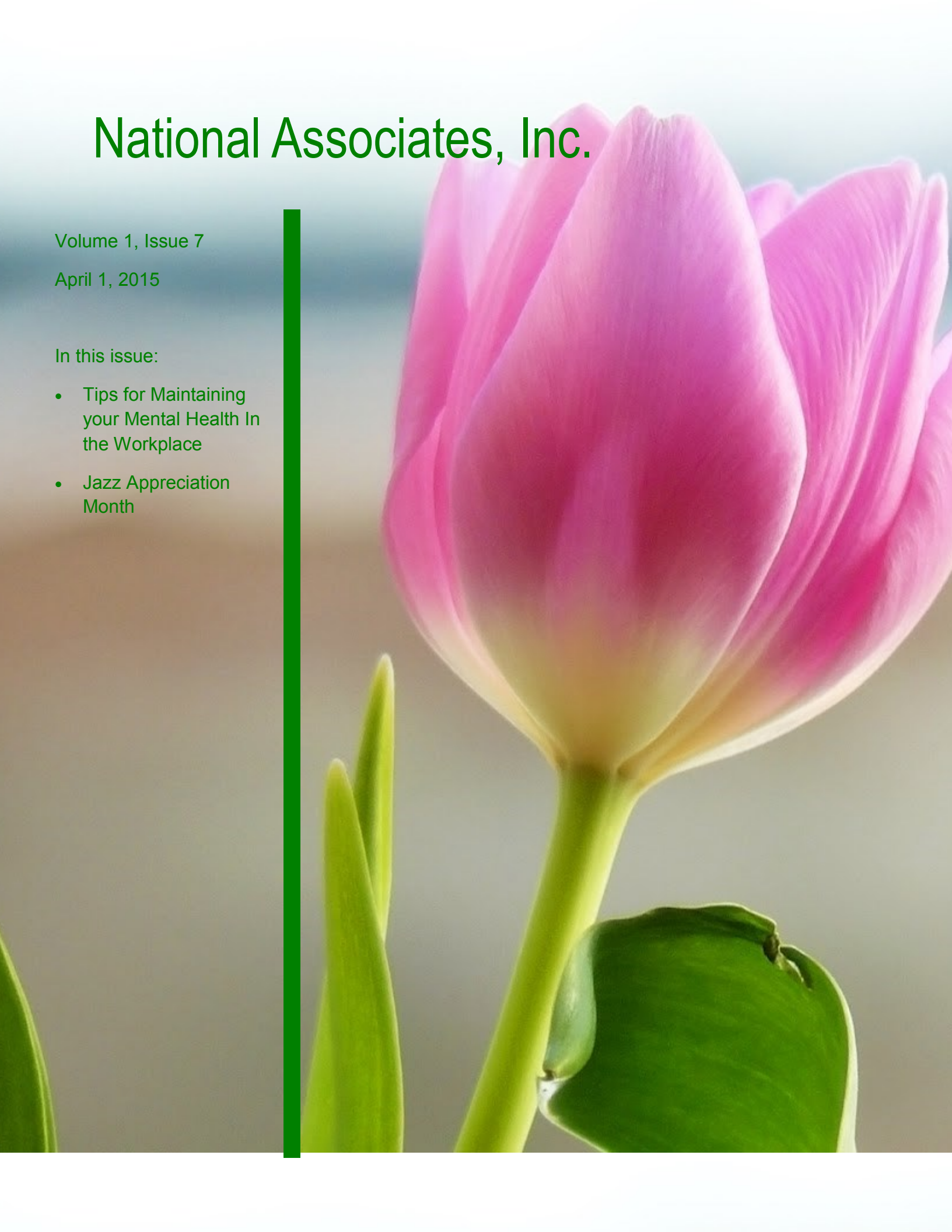
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Tips for Maintaining your Mental Health

It can be hard to maintain a healthy lifestyle in the hustle and bustle world that we live in. If you are in school, commuting to work and/or taking care of your family, time can seem to evaporate. Taking good care of your body and mind can make a difference in how healthy you are in general and how well you cope with change. Many of us have so much to do, it's literally impossible to tackle it all, but that doesn't stop us from trying. Exercising, relaxing and getting enough rest will help you do better and enjoy life more. Taking good care of yourself may require a little extra time and effort, but it's worth it.

There is not one "right way" to establish and maintain a mentally healthy environment. Getting the correct amount of quality sleep is essential to your ability to learn and process memories. Just like exercise, the amount of sleep you need depends on your age. The National Heart, Lung and Blood Institute recommends at least 11-12 hours for preschool-aged children, 10 hours for school-aged children, 9-10 hours for teens and 7-8 hours for adults. If you don't get enough sleep, or good quality sleep every once in a while, you may notice that you wake up feeling groggy, not well rested, and experience difficulty concentrating. If you consistently do not get enough quality sleep, you are at higher risk for conditions like heart disease, diabetes, obesity, headaches and depression.

Household budgets are strained all across America, but even if times are tight there are plenty of ways to improve your mental outlook — and they don't have to take a lot of time or effort.

1. Volunteer

Volunteering your time can be a major boost to your self-esteem, plus you get that "feel good" emotion by helping out those in need.

3. Relax More

In today's day and age it's easy to feel like you've got no time to yourself, but it's there — you just have to commit to it. Even if you can squeeze in just 30 minutes of alone time in which you listen to music or watch TV at the end of the day, your mind can benefit a great deal.

4. Associate With Positive People

Associating with the right people can do worlds of good for your mental health. If your friends or family members tend to be negative and simply don't see the glass as half-full, find yourself some better people to spend time with.

7. Do More of What Makes You Happy

If you like playing golf, do more of it. Enjoy crossword puzzles? Schedule more time for them. Whatever it is in life that makes you happy — as long as it doesn't have consequences detrimental to your health — commit to doing it more often.

It's way too easy to get caught up in the hustle of professional life, or get overwhelmed by stress, but stress cannot cure any problems. Identify the activities that bring you happiness and find more time for them.

Jazz Appreciation Month

Jazz Appreciation Month also known as JAM , was created to be an annual event that would pay tribute to jazz as both a living and as a historic music. Schools, organizations, and even governments celebrate with events ranging from free concerts to educational programs. Its first year was 2001, with initial funding provided by the Ella Fitzgerald Charitable Foundation. Jazz Appreciation Month is a music festival held every April in the United States, in honor of jazz as an original American art form. JAM was created by John Edward Hasse, PhD, curator of the Smithsonian's National Museum of American History.



Match the musician to the correct fun fact or song.

Count Basie

In 1933, at the age of 14, this singer joined the Walk a-ton's circuit

Dave Frishberg

“ ‘Round Midnight”

Anita O-Day

This artist started playing the trumpet at age 8

Terence Blanchard

“Peel Me A Grape”

Betty Carter

“Taxi War Dance”