

THERAPIST SPOTLIGHT

MEET CODY PRINCE



Hello everyone! Welcome to my little music corner for the month. With the beginning of the outdoor concert season here in Asheboro, I thought it would be a great opportunity to write about how music can help us therapeutically.

In life, it can feel like we are constantly being bombarded with stressors from family, work, and social responsibilities. Sometimes we as humans have the tendency to bottle up emotions instead of releasing them, maybe because we don't know how. Music is a great way for us to release some of these emotions that are pent up. In fact, there are many studies that show that listening to some of our favorite songs can help our brain release dopamine, which is known as the feel-good hormone. Many who struggle with depression find themselves in better moods after listening to songs with fast tempos, because these upbeat songs can psychologically and physiologically stimulate and energize us for our day. Do you struggle with anger? It just so happens that those songs that you just can't help but belt out in the car are a great way to cope after a stressful day.

Music that has a slow beat can, also, be used to help with your mental health. After a day where you felt like you were constantly on the go, calming music is a great way to relax the brain and to increase your time in letting the brain rest to stay mentally healthy. When it comes to personal spirituality, many can attest that putting on worship songs helps them connect with their faith and to focus some time on their relationship with God. Speaking of focusing, studies show that listening to classical music can help improve cognitive performance for work or school.

So, whether listening to some throwback beats or shuffling through the newest tunes, you can see that music has so many benefits to our mental health and is just one of the many gifts that God has given to us. Make it your goal this month, and every month, to find some songs that lift you up and help cope with your life stressors.

Did You Know?

May is
Mental Health
Awareness Month!



#breakthestigma

COMMUNITY WELLNESS SPOTLIGHT

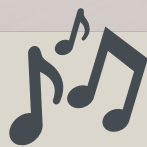
ANGELA LUCAS

Hello, my name is Angela Lucas! I am a licensed massage therapist in Asheboro, NC. I have 14 years of experience and specialize in therapeutic massage. I offer different types of massage therapy from Swedish massage, which is a relaxing massage using mild pressure and relaxing strokes, to deep tissue massage, which uses firmer pressure and focuses on areas of pain. I also offer cupping, which helps break up adhesions and increases circulation. Cupping is great for chronic muscle tightness and pain. Prenatal massage is another therapy I offer for expecting moms.

I customize the massage for what is best for my clients needs and give them stretches to do with step by step instructions to take home. If you would like to talk with me about a therapeutic massage or book an appointment, feel free to call or text me. My number is 336-964-2800. I am located inside the office of Randolph Health Deep River Physical Therapy, 600 West Salisbury Street, Asheboro.



WORSHIP SONG OF
THE MONTH



GOODNESS OF GOD
BETHEL MUSIC



MUSIC IS THERAPEUTIC

Did you know music is therapeutic? According to the American Music Therapy Association, there are clinical and evidence based results of music promoting wellness, managing stress, alleviating pain, expressing feelings, enhancing memory, improving communication, promoting physical rehabilitation, and more. Music is associated with relaxation and reduces the level of the stress hormone, cortisol!



Wellness Book of the Month

LOCAL RESOURCE FOR LIVE MUSIC

Bicentennial Park

Asheboro's very own outdoor live music venue! This one-acre green space in the center of downtown Asheboro features a pavilion, wooden dance floor, fountain, picnic tables, memory walk and outdoor sculpture, and hosts seasonal concerts and events throughout the year! Check out our community events below to see some upcoming concerts this month!

UPCOMING COMMUNITY EVENTS:

SUMMER CONCERT SERIES KICK OFF

Featuring:
East Coast Rhythm
and Blues Band

May 15th
7:00 PM
At Bicentennial Park

Free Admission!

Food trucks!

Bring a lawn
chair!

Check out www.downtownasheboro.com
or www.asheboronc.gov for more details

MENTAL HEALTH AND WELLNESS NIGHT

May 11th
At Sunset Theatre

6:00 PM: Screening of Documentary
by Keaton's Place

7:00 PM: Keynote Speaker:

Dr. Jerome Adams- Former U.S.
Surgeon General

8:00 PM: Community Meeting

ROCKIN' IN THE PARK SERIES KICK OFF

Featuring:
Stephanie Quayle

May 20th
6:00 PM
At Bicentennial Park

Free Admission!

Food trucks!

Bring a lawn
chair!

Check out www.downtownasheboro.com
or www.asheboronc.gov for more details

MENTAL HEALTH DAY

May 13th
At various locations

10:00 AM-2:00 PM: Health & Wellness
Provider's Fair

At Asheboro Rec Center

5:00 PM: Mural Dedication

At Corner of Sunset Ave and S Church Street

7:00 PM: 24 Hour 10-Minute Play Festival
Performance - North Ridge Church

CLICK HERE TO VISIT OUR WEBSITE