

## THERAPIST SPOTLIGHT



Welcome, glorious sunshine!! Every winter, I look forward to longer and warmer days, to the flowers, and to the bright, nourishing sun of the springtime. It provides us an opportunity to get outdoors and enjoy the gifts and beauty of God's creation. I wanted to take a moment to share some information that has been critical with how I look at the world and interact with people around me:

Many people struggle with a type of depression that is commonly known as Seasonal Affective Disorder. This mental challenge can cause people to feel sad or have a low mood, have changes in appetite and sleep, experience fatigue or a loss of energy, and struggle with concentration and decision making. For most, the time of year when people feel most bothered by these symptoms is January and February. Some people may need Cognitive Behavioral Therapy or medications to help them 'get over the hump,' but some of the best treatments for depression include eating healthy, enjoying physical activity, getting adequate sleep, and surrounding yourself with supportive people and meaningful work. This is where the sunshine comes in!

We live in the backyard of God's wonder with the Uwharrie National Forest! Personally, I find so much joy and peace on the many trails that are accessible within a short drive. If you are looking for a beginner level nature hike, I would recommend Birkhead Mountain Wilderness. It is perfect for families, on leash dogs, or some solo time in the forest. There are amazing mushrooms, creeks to splash in, tunnel spiderwebs, and beautiful plants to identify! If you are looking for something different, consider gardening, taking a short neighborhood walk, or reading a book, enjoying some coffee, or drawing outside on your porch. Just know that sunshine and the outdoors are proven to brighten your mood!

You can find me on the trails,  
MC

MEET MC HARTLEY



## COMMUNITY WELLNESS SPOTLIGHT

### CRUSH NUTRITION AND ENERGY

Hi Friends! My name is Amy, and I would love to introduce you to Crush Nutrition and Energy! We are a healthy alternative to your typical fast food options and we are right here in Asheboro!



Crush offers a wide variety of healthy, delicious, and nutritious Protein Meal Replacement Shakes. Don't let "healthy" make you think unappetizing! Our shakes are full of flavor and are packed with 24g of protein and 21 vitamins and minerals. We are also known for our Energy Teas which boost metabolism, aide in digestion and absorption, and increase mental clarity and focus! The flavor options are endless and you do not experience a crash from these Energy Teas. Energy Teas have NO sugar!! We are also pretty great baristas and have a great selection of Protein Iced Coffees that will not wreck your wellness goals! Protein Iced Coffees have 15g of protein, 2-3g of sugar, and 100 calories! You deserve to treat yourself to Crush and we would love to meet you and help you with your wellness goals!

Location: 1438 East Dixie Drive in Asheboro (Hobby Lobby Shopping Center)  
Hours: Monday-Friday 8:00 AM-3:30 PM and Saturday 11:00 AM-2:00 PM  
Facebook: Crush Nutrition Asheboro  
Instagram: CRUSHNUTRITION\_NC

### Did You Know?

APRIL IS  
STRESS AWARENESS MONTH

Read more about how nature can relieve stress on page 2!

WORSHIP SONG OF  
THE MONTH

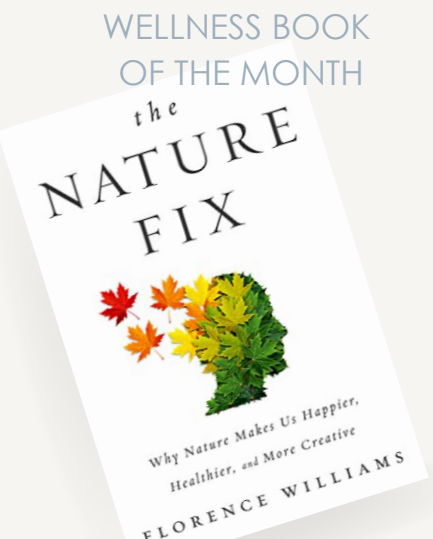
FRIEND IN JESUS  
CAIN





## NATURE IS THERAPEUTIC

Did you know you can boost your mood just by walking in nature? With our increase in technology, many of us are spending more time staring at a screen than we are spending outdoors. Psychological research is advancing our understanding of how time outdoors can improve our mental health. Experimental findings show how impressive nature's healing powers can be- we can be nurtured by nature! According to the American Psychological Association, the diverse benefits include an increase in happiness, positive affect, subjective well-being, positive social interactions, and a sense of meaning and purpose in life, as well as decreases in mental distress. Exposure to nature is valuable to our mental health! So let's get outdoors!



## LOCAL RESOURCE FOR OUTDOOR RECREATION:

### The North Carolina Zoo:

The world's largest natural habitat zoo, located right here in Asheboro, with roughly 5 miles of walking trails to navigate! Animals are visible from the walking paths. Wear your comfortable walking shoes and bring a refillable water bottle. General admission tickets are available for purchase online or at the gate the day of your visit. For more info, visit: [www.nczoo.org](http://www.nczoo.org).

## UPCOMING COMMUNITY EVENTS:

**Asheboro Counseling & Wellness's Open House and Ribbon Cutting**

You're invited to ACW's Open House and Ribbon Cutting! Come meet our staff and check out our new location!

April 5th  
2:00 PM  
At Asheboro  
Counseling & Wellness  
Refreshments to follow!

For more info, call: 336.860.3262

**Party for the Planet**

Party for the Planet and discover new and fun ways to celebrate Mother Nature and to learn more about ways that you can make a difference through water conservation, protecting green spaces, and living the green life with the 3 R's.

April 22nd  
8:00 AM  
At The North Carolina Zoo

For more info, visit: [www.nczoo.org](http://www.nczoo.org)

**Kid's Hiking Stick Decorating Event**

One free handmade hiking stick per child

Limited quantities available  
Registration required

Free event

April 22nd (Earth Day)  
10:00 AM  
At Purgatory Trailhead

For more info, visit: [www.wilderuwharrietraillrunning.com](http://www.wilderuwharrietraillrunning.com)