

THE UNMATCHED REJUVENATING ENERGY OF YOGA AND WATER



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THREE MUST-HAVE BENEFITS FROM WATER

BY STEPHANI PETERSON, SENIOR MANAGER CHICAGO

WATER is imperative for keeping the body (and world) going. According to MedicalNewsToday, "Keeping hydrated is crucial for health and well-being, but many people do not consume enough fluids each day." With so much happening in our day-to-day, especially during times of uncertainty, zoom meetings, and jumbled life schedules, it's important to remember to ask ourselves the question - did I drink enough water today?

Many of us know that water aids in flushing waste from the body, helps the brain function, and keeps the skin glowing. Read on to find three benefits of water, courtesy of the *Centers for Disease Control and Prevention*.

1. Lubricates Joints

Water consumption helps lubricate our tissues, joints, and spinal cord. Since our



cartilage is 180% water, dehydration can wear and tear at the joints shock absorbing ability. can cause discomfort during physical exercise or arthritis.

2. Produces saliva and aids in digestion

Water is a main ingredient in saliva, and it is essential for breaking down food and keeping the mouth healthy. Staying on track with your water intake is essential as saliva production has been seen to decrease with age or while taking medicine. If your mouth is ever feeling dry, **HYDRATE!**

3. Regulates your body temperature

Water intake is crucial when it comes to maintaining body temperature as we lose large amounts of water throughout the day. Sweating helps us stay cool in hot environments and during physical activity, but if you notice you're sweating more than usual, make sure to drink plenty of water to remain hydrated.

A YOGA POSE YOU CAN LEARN FROM



A YOGA GUIDE FOR NONPROFIT STRESS RELIEF

BY EMILY SCHELLE, VICE PRESIDENT

FOR CENTURIES, yoga has been a key practice at the center of finding and cultivating your inner serenity.

During this pandemic, yoga can serve as a grounding force and can even be transformative when managing your mental and emotional states. Whether it's 10 or 90 minutes a day here are a few poses to try at home, no matter your experience level.

WARNING: Side effects may include remaining calm “during the storm”, mental clarity, improved posture, and moments of joy.

Fun Fact: The physical postures of a yoga practice are referred to as asana, which means “seat.” This applies to any part of your body that is touching the ground in your pose (ie, feet, hand, forehead, etc)...

A great asana to do after a long day of sitting is forward fold (or Uttanasana). For this pose, stand with your feet hip-width distance apart. Bending from your hips and with a slight bend in your knees, let your head and hands drop down towards the ground and over your legs. Your hands can be

placed on the earth, your feet or shins, or you can grab opposite elbows with your hands and hang. If you feel any unwanted or unpleasant pressure in your hamstrings or lower back, bend your knees further. Hold for 1 minute, taking 5-8 deep inhales and exhales.

Legs up the wall (or Viparita Karani) is an inverted asana that regulates blood flow, calms the nervous system, and restores tired feet and legs (this asana is also good if you happen to be on your feet a lot!). For this pose, place your head and back onto the ground. You can lie down on your yoga mat or prop a pillow underneath your head for added comfort. Moving your buttocks to the wall, place both of your legs on the wall (forming a “L-shape”). You can place your arms to the sides of your body or in a “T-shape”. Release and relax into the pose, holding for 5-10 minutes with your eyes closed.

With each of these poses, pay attention to your breath. You can use the 4-count breath, which is counting to four on your inhales and counting out to four on your exhales (in total this is one round of breath). In using this technique, be sure to fill your chest, ribs, and belly fully before exhaling.

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