

Masters and the Mullaney Center: Improving your Quality of Living

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Surviving and Thriving through COV19

Protect Yourself!

-Viruses hate humid air, which is one reason they disappear when the weather warms up. You could use a humidifier or take a hot shower for now though.

-Drink plenty of liquids mainly water

-Get 7 hours of sleep every night.

-Stay Fit- 30 minutes of vigorous exercises per day; PLUS, keep your body strong doing strengthening exercises to give your body that strong base it needs to fight off illness and recover.

-Minimize stress because stress just weakens your immune system

-Get out into the fresh air and walk. Sunlight kills germs- the sun's ultraviolet radiation actually kills bacteria and viruses.



-Eat fresh food, drink water and take plenty of vitamins. Vitamins that help improve

immune function include Vitamin D, A, C, B and E.

ZOOM into Karate or Tai Chi

There's no better time than the present to do ZOOM (online live video) to participate in Karate or Tai Chi lessons to stay healthy and stay fit even if you are not comfortable coming in physically in person to class. We can even do stretching sessions online. Flexibility has many benefits. Among them reduced back, shoulder, hip or neck pain. Also, you find yourself more comfortable during relaxing times like sitting or lying on the couch or in bed. Flexibility does not come naturally, being flexible and fit is a choice!



Contact the Mullaney Center for a link to connect into active classes! Private lessons via ZOOM are also available.

We are still talking back and forth and engaging with one another so that you can free yourself from isolation and be social and safe! AND you can stay active at the same time to keep your immune system strong!

Upcoming Events

TOURNAMENT May 17th

(hopefully... or at a later date)

Spring! Sunshine and flowers blooming!

Cure for COVID19!

Belt Test: Date to be announced **Constant Distractions Are** **Clutter For The Brain**

*Why it's important to simplify your life.
Life can be overwhelming.*

Every day we have responsibilities - work, school, kids, appointments, relationships, paying bills, cooking dinner, and washing dishes. Activities like these and more are competing for our attention. Add in smartphones ringing, calendar notifications dinging, Facebook ads, Instagram stories and our brains have become mental junk drawers, filled with clutter.

*Clutter is not
good for our
brains.*



When our brains are filled with clutter, it can be difficult to focus on the things that are actually important to us. That's why it's important to block out distractions and **discover (or re-discover) what matters most**. And how do we do that? We simplify.

Simplifying your life does not have to mean making dramatic changes to your daily routine or completely changing your lifestyle. Simply, it means "that you are getting rid of any extra mental and physical clutter, so that you can have more time for the things that actually matter to you." It's about prioritizing your interests and obligations; and working to get rid of the things that don't align with those priorities. Then, you take some of your bad habits and replace them with the good and healthy habits that you want to develop!



Along the same lines, always work to **stay POSITIVE** and be kind to others – it feels good. Spread joy everywhere to those around you. If you can feel totally happy, make someone else happy and you yourself will get to experience the joy that bounces off of them directly back into your soul!