



Jennie's Tips

Continuum
◆ Well Being

Jennifer Wall, LMHP. Continuum's Wellness Coach-Jennie is a licensed mental health counselor with Continuum EAP. She has over ten years experience as a counselor. In her capacity as a counselor, Jennie helps people identify goals, obstacles, and strategies for achieving goals. Jennie's counseling style focuses on utilizing personal strengths and obtaining and maintaining a life balance.

Jennie is passionate about wellness. Jennie has focused her own life around building and maintaining a healthy lifestyle. In her career, she focuses on mental health. Personally, she focuses on nutrition and physical health.

Jennie has been able to experience the benefits of living a healthy lifestyle. She has also discovered that being part of another person's transition to a healthier, more balanced lifestyle is inspiring. Jennie has felt privileged that she has been able to use her coaching skills to help people achieve their own personal goals of a healthier, more balanced lifestyle.

Wellness Corner Topic Care for the Caregiver

Whether you are a caregiver at home or at work, or both, you will experience times when you need to be rejuvenated. It's at those times that "laughter is the best medicine." There are many ways to add laughter to your life. You can watch a funny movie or listen to a comedian on tape. You can tell a stupid joke and watch the responses around you. You can even reminisce with others about past happenings or blunders to attain a good laugh. The end result will be a release of tension; maybe some well earned tears, and tighter abdominal muscles.

-Jennie