

May 2024

Newsletter



Mental Wellness

RADICAL ACCEPTANCE

When we are experiencing pain in our lives, we have four choices to how we can respond:

- We can change the situation that is causing us pain
- We can change how we see the situation or what we think of it
- We can radically accept the situation
- Or we can stay stuck in suffering until we are ready to accept the reality

There are many different things in our lives that we may have to radically accept, and often this allows us to make the changes that we need to stop feeling stuck in the rut we often feel and experience when we are not accepting a situation. In our lives, we will come upon times that are painful and have to learn to either accept these situations and the pain or we often fight this reality and instead cause ourselves more suffering as a result.

When in this place, first we need to observe if we are questioning or fighting reality, and then remind ourselves that this reality cannot be changed.

Then we need to remind ourselves that there are causes for this reality and acknowledge that some sort of history led up to this moment. Then we want to practice accepting with the whole self.

Some ways to do this include:

- Mindfulness of breath
- Half-smiling and willing hands while thinking of the situation that is difficult to accept
- Prayer

After this we can practice the opposite action by doing what we would do if we did accept this situation and cope ahead with things that seem unacceptable. Next you are going to attend to your bodily sensations when thinking about what you need to accept and allow disappointment, sadness, and grief to arise within you. Lastly, we are going to acknowledge that life can be worth living even when there is pain and do pros and cons when you find yourself resisting practicing acceptance.

The process of radical acceptance can be very similar to the stages of grief and loss. The stages do not always go in order or happen in sequence and often we go back and forth in the process and can sometimes get stuck in one stage or skip others. When experiencing the stages and emotions of grief and loss, you are in the process of acceptance. The stages I am referring to are denial, anger, bargaining, depression, and acceptance.

Can you think of times that you have done any of these things rather than accepting the situation you are in?

Stefanie Montgomery, LPC

Learning to love...you!



Yin Yoga

USING THE BREATH TO SELF-REGULATE

When our heart is beating fast, our mind goes blank, our stomach is in knots, our mouth is dry, palms sweaty, pupils dilate...we have been triggered and we're in our stress response. Our physiology is in a state of chaos, and we feel out of control and unsure of ourselves. It's an awful feeling that we've all experienced.

To self-regulate means to gain control over your physiology so you can move from a chaotic state to a more balanced state. The incredible and most empowering thing is that you can do this in a matter of minutes through your breath.

The breath is the mediator between the body and the mind. The body slows down to the breath and the mind slows down to the body. The breath is so powerful because when we focus on the breath it lands us in the NOW. You can't be in breath in the future or past — it is your link to the present moment.

When we take slow, deep, and rhythmic breaths with awareness we:

- Connect to the present moment and stop catastrophizing.
- Interrupt the amygdala gland - the alarm bell of the brain, which is on overdrive when we're stressed or anxious.
- We downshift the sympathetic nervous system (fight or flight) and dial up the parasympathetic nervous system (tend and befriend).

- When we breathe into the lower lobes of the lungs, we communicate to the body we are safe and there's more O2 saturation.
- We create a pause between the stimulus and our response.
- We bring greater coherency to our entire body.

Once a state of calm has been achieved, you can address the concern with a clear-minded or *Wise Mind* response, instead of just reacting from a place of fear.

We don't need to be in a complete state of chaos to tap into the breath. I often connect to my breath throughout my day to slow down, and to feel more balanced!

Joelene Edmondson RYT, CMC



Learning To Love...
YOU CREW!
A D V E N T U R E

Hiking

**BIG BEND TRAILHEAD
TOWPATH TRAIL
SATURDAY, MAY 11TH
9:30 - 10:30 AM**

724.269.7222

ROCKCREEKWELLNESS.ORG

60 B Franklin Rd. Mercer PA 16137



Reader acknowledges that the information in this newsletter is provided "as is" and for general information only. It is not intended as medical advice and should not be relied upon as a substitute for professional consultation with a qualified healthcare provider familiar with your individual medical needs.