

## Mental Wellness

### Transform Your Life with EMDR

Eye Movement Desensitization and Reprocessing is a groundbreaking, empirically supported, and internationally recognized treatment for a wide variety of mental health diagnoses. Forget what the acronym itself stands for and think of this instead: a type of reprocessing therapy that involves as much or as little disclosure as the client is comfortable divulging. EMDR therapists map out target memories that are causing neurological dysfunction, a symptom of a traumatic experience, and engage in reprocessing with the client using a standardized protocol. Some clients can process traumatic experiences in as little as 6 sessions.

Interested in EMDR therapy? Clarissa is currently working toward full EMDRIA certification and is approved to provide EMDR therapy. Clarissa was trained by the Creative Mindfulness Institute in Ohio and practices trauma-informed mindful care.

*Clarissa Arbuckle, NCC, LPC*



## Mental Welless

### Fidgets!

Fidgets are really popular right now. From pop-its, spinners, and infinity cubes to putty, monkey noodles, and squishy balls, most kids are asking for these toys, and they may not know it, but fidgets can actually be beneficial tools for their development and self-regulation. Fidgets can help with sensory processing, relaxation, coordination, and the development of fine motor skills. For kids who experience anxiety, using fidgets may provide comfort. Often these toys are a distraction from the stressor, engage the senses, and/or utilize physical energy, all of which are strategies to help manage anxiety. Research has shown that fidgets may also help with focus and learning. Fidgeting stimulates the areas of the brain needed to maintain attention. We tend to do this naturally-- clicking our pens, playing with our jewelry or keys, or tapping our legs. By using these toys purposefully to reduce stress or tension or to pay attention, it can be a win-win for kids, parents, and teachers!

*Krista Armstrong, MA, LPC*



Learning to love...you!



## Nutrition

### Can you name the 3 types of macronutrients?

High five, you passed the pop quiz!

The 3 types of macronutrients are:

- Protein
- Fats
- Carbohydrates

Let's talk protein. While protein is not a primary energy source (like carbohydrates and fats), it's just as important. Protein provides the body with amino acids, which are the building blocks for muscle and other important structures such as the brain, nervous system, blood, skin, bones, and hair.

So, how much protein do our bodies require? That depends largely on body size, activity level, and even the goals of an individual, but, in general, the recommended amount of protein for women is 46 grams per day and 56 grams per day for men. However, if you regularly perform strength training, more protein is required.

If you're not sure how much protein you consume in a day, consider starting a food journal to track what you eat and then go from there!

*Alissa Kelly, NASM-CPT, CES, CNC*

### National Relaxation Day

We're in the height of summer with picnics, outdoor recreation, vacations, and so much more. On August 15th we celebrate National Relaxation Day. It's a great opportunity to stop and take note of how to best care for yourself. In order to avoid stress and feelings of burnout, we have to stop and smell the roses, or whatever may be growing near you!

Sometimes that's learning to say no to something, even if it sounds good, for our own wellbeing. We know the mental benefits of relaxation can be improved mood, decreased stress and depression, and even augments brain function. The following are things you can look forward to physically with a little kick back and chill time:

- lowering your heart rate, blood pressure, and breathing rate
- reducing muscle tension and chronic pain
- improving concentration and mood
- reducing fatigue
- reducing anger and frustration
- boosting confidence to handle problems

*Katelyn Struthers, MS, NASM-CPT*

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