

Mental Wellness



AFFIRMATIONS

Affirmations are short phrases that you can say to yourself. They help to challenge or buffer against unhelpful thoughts that can often creep in when you're already feeling stressed, overwhelmed, doubtful, or frustrated. They can also set the tone for your day and motivate you to work on a goal or task. Repeating these statements to yourself shifts your mindset and can help you feel encouraged.

Try these, or spend some time identifying what you need to hear or thinking of your own best qualities to remind yourself of.

I AM WORTHY

I AM CAPABLE

I AM STRONG

I AM DOING MY BEST

I AM GRATEFUL FOR TODAY

Krista Armstrong, MA, LPC

Mental Wellness

MINDFULNESS IN THE MOMENT

If you are anything like me, the day starts like this-- get up, have coffee, play ball with the dog, go to the garden, pick veggies, feed chickens, clean veggies, notice the beautiful day, see the kayak, look at veggies, continue to think about the kayak, hide the veggies, load up the kayak and go to the lake, think about the veggies I hid and still need to do, go back home, unhide the veggies and think about how much I hate veggies...and the time is now 10 am... How often do we have so much on our plate with things we need and want to do that we stress ourselves out trying to do it ALL at once and end up not enjoying the things we love? GUILTY AS CHARGED!

Solution:

- Recognize that you are stressed
- Take a deep breath
- Mindfully complete ONE task at a time BEFORE starting the next one
- Notice how you feel during the task and after it is complete
- Notice it is still early, you have your tasks done, and you have time to kayak!
- Go enjoy and be proud you found balance!

Amy Amon, LPC

Learning to love...you!

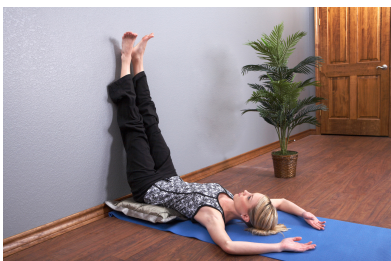
Yoga

RELAXING IN YIN YOGA

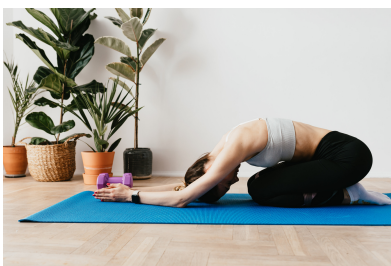
Forcing our bodies to relax into deep poses for an extended period of time can be quite a challenge for some people. We find that our mind starts to wander if our body is not active, we start thinking about our to-do lists and what's coming next after yoga class. With a regular Yin yoga practice, we learn to still the mind as we still the body. We learn to let go of our worries and focus on the deep stretches and on our body and breath.

It takes practice and it doesn't come easy, but once we get it, the calming effects of Yin yoga are amazing. It also helps us sit still for meditation, it creates a sense of tranquility, of truly being in the moment, and it calms and balances our mind, preparing us to handle all the stimulations and stresses of everyday life. Think of it as a well-deserved moment of me-time, away from everything else.

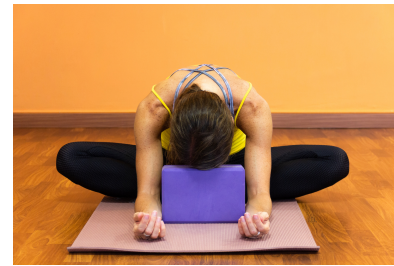
Here are 3 of my favorite Yin poses to help relax:



Legs-up-The-Wall Pose



Child's Pose



Supported Butterfly Pose

Hold these three poses for 1-5 minutes each. Use your breath to relax into the pose and to help calm a busy mind!

Joelene Edmondson, RYT

New

LEARNING TO LOVE...YOU CREW!

COME JOIN OUR ROCK CREEK WELLNESS CREW FOR MONTHLY MEETUP ADVENTURES!

We will meet on the second Saturday of each month **from 9:30 - 10:30 AM**. All outings will be posted on Facebook for clients to join the Rock Creek Team - free of charge (rentals are not included).

This is a great opportunity to do something new, ask our crew questions, or simply enjoy time with other fellow wellness seekers! Each month we will do something different.

OUR NEXT GROUP MEETUP:

WHEN: SATURDAY, AUGUST 13TH

WHERE: WOLF CREEK NARROWS NATURE PRESERVE

ACTIVITY: HIKING

724.269.7222

ROCKCREEKWELLNESS.ORG

60 B Franklin Rd. Mercer PA 16137



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