

# August 2025 Newsletter



## Mental Wellness

### DESCRIBING EMOTIONS


To effectively regulate our emotions, we must first learn to describe them. Many people feel uncomfortable with emotions and try to ignore or suppress them, often due to unhelpful beliefs.

However, emotions carry important information, and avoiding them can cause us to miss valuable insights. Understanding what our emotions are trying to communicate—while also considering logic and context—can help us make more thoughtful decisions.

Emotions are complex, and each part of the emotional process plays a role. Changing any part of this system can shift the entire emotional experience.

Referring to core emotions—such as anger, fear, sadness, happiness, and guilt—can help. Start by identifying what you're feeling, the event that triggered it, how you interpreted it, any physical sensations, how you expressed the emotion, and any lasting effects. This process builds emotional awareness and helps us better regulate how we respond.


Stefanie Montgomery, LPC



### PICK OUR NEXT SERVICE!

We would love your input! Follow the link!

- Salt Room
- Infrared Sauna
- Hydro Massage
- Dry Float Therapy
- Integrative Nutrition and Wellness Coaching



Rock Creek Wellness provides a convenient online membership for your DBT skills training-

**Rock Creek Wellness Online!**



Learning to love...you!



# Yin Yoga

## YOUR 8-WEEK MINDFULNESS PATH

I created this 8-week mindfulness program with care, because I know how important it is to feel grounded — especially in today's world. Whether you're currently receiving DBT counseling or simply looking to start (or deepen) a mindfulness practice, this series offers a gentle space to explore what really works for you.

Each week, we'll spend time together in a way that's supportive and spacious:

### 30-Minute Mindful Movement Class

We'll move slowly and intentionally to reconnect with your body and breath. No experience needed — just come as you are.

### 30-Minute Coaching Session

We'll talk through what's coming up for you and introduce mindfulness tools to help regulate your nervous system and feel more present day to day.

### Take-Home Practices

You'll get simple exercises and reflections to carry with you throughout the week — ways to keep your practice going at your own pace.

Throughout the program, you'll get to try a variety of mindfulness techniques — breathing practices, grounding tools, movement, and more — so you can discover which ones feel most helpful and natural to you.

## This program is for you if:

- You're in DBT counseling and want extra support practicing mindfulness
- You feel overwhelmed or anxious and want to feel more centered
- You're curious about how mindfulness can fit into your everyday life

This is a space to slow down, listen inward, and build skills that truly support your well-being. If this sounds like something you'd benefit from, I'd love to have you join me.

Feel free to reach out with any questions — Booking available on our website!

Joelene Edmondson RYT, CMC



Learning To Love...  
**YOU CREW!**  
ADVENTURE

**Rise & Row**  
KAYAKING AT LAKE WILHELM  
SATURDAY, AUGUST 9TH  
9:30 - 10:30 AM

Head over to our Facebook events page for more information!

## UPCOMING MEETUPS:

- **SEPTEMBER 13TH - TBD**
- **OCTOBER 11TH - DENNISON RUN / OVERLOOK TRAIL**
- **NOVEMBER - WINDOW TRAIL**

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