

## Mental Wellness



### HOLIDAYS AND STRESS

With the holidays here, stress levels tend to increase with expectations, family gatherings, travel, gifts, finances, parties, feeling overwhelmed, remembering loved ones, the list goes on...

How do we get through these couple months with our sanity?

1. Remember self-care! You are just as important as the people you are caring for—take time for yourself-- have a warm cup of tea, read a book, go for a walk, anything to recenter yourself from the hustle and bustle.
2. It's OK to say NO! Picking and choosing rather than trying to attend everything makes the experiences you do attend more enjoyable.
3. Delegate responsibilities! Ask for assistance don't assume others know what is needed.
4. Take time to acknowledge and attend to feelings as they arise—avoidance does not make the issue go away!

And always remember ....

"A situation is only as stressful as the stress put into it"

*Amy Amon, LPC*

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### HERE'S A RELAXATION STRATEGY TO TRY WITH YOUR KIDS DURING THIS BUSY SEASON!

#### SNOWFLAKE BREATHING

Place your finger in the center of the snowflake. Breathe in through your nose as you trace the line outward to the tip of the snowflake.

Breathe out slowly through your mouth as you trace the line back to the center.

Repeat for all of the sides of the snowflake.

*Krista Armstrong, MA, LPC*





## Massage

### SELF-CARE DURING THE HOLIDAYS

With the holidays upon us, it can be hard to find any extra time. With all the plans, the family from out of town, and all of the shopping - it can feel like there's no time left for anything else at the end of the day.

We make those lists and check them twice and can still find ourselves rushing around. This year consider giving a gift. Not just to others but to yourself. I'm talking about the gift of self-care. Self-care can help you take a moment for yourself, breathe, and put your mental and physical wellness first. The old saying 'you cannot pour from an empty cup' has a lot of truth to it.

Some simple wellness activities could be meditation, breathing exercises, sound therapy, and massage therapy.

This year, put your self-care at the top of your list. Don't wait for the new year when every day is a new day to start a new chapter!

*Victoria McCracken, LMT*

## Yoga

### 3 PRINCIPLES IN YIN YOGA

#### 1) Find your edge

If like me, you tend to push yourself hard through sweaty cardio routines or even speed through vinyasas, Yin is a great way to slow down. You can do most Yin poses on the floor (including my favorite-Bananasana!). Unlike its close relative, Restorative Yoga, Yin is not entirely passive. In Yin, you find the sweet spot of slight discomfort, never pain. It helps to not push too far but accept where your body is each day. Easier said than done but it's a great way to practice some self-compassion!

#### 2) Be still

With crazy schedules, festive plans, socials, it sometimes feels like we're constantly in motion. That's why Yin yoga makes the perfect counter to an active routine. It can also improve flexibility and mobility, which helps with gym recovery and injury prevention. If you're someone who keeps on top of your fitness through the winter, Yin yoga can be a perfect way to balance out those more active days.

#### 3) Hold the pose

Sounds dull? I thought so too. I'll admit when I first tried this yoga style it wasn't exactly the sweat session I was searching for. However, in some ways, Yin is more challenging than its more active cousins. You won't find yourself doing sun salutations, planks, or even much down-dog, but for many of us, it's trickier to stay still for extended periods of time. The impulse to wriggle, fidget, or jump up is real! Practicing Yin yoga helped me start to acknowledge and work through these feelings. Try it, I promise it gets easier!

*Joelene Edmondson, RYT*

# New

**HOLIDAY WELLNESS GROUP  
COACHING STARTS ON DEC. 2ND!**

**GROUP GOAL SETTING STARTS ON  
JANUARY 7TH!**

724.269.7222

Office@rockcreekwellness.org

60 B Franklin Rd. Mercer PA 16137



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