

## Mental Wellness



### EFFECTIVE COMMUNICATION DBT STYLE FOR THE HOLIDAYS

It's that time of year again when we tend to be more "peopley" whether we want to be or not! Sometimes the thought of interacting can be overwhelming and stressful. Effective communication is a skill set that can make or break how we walk away from an interaction. In DBT, we use the acronym **DEAR MAN**

**D: Describe**—Saying what you want or need in clear terms: *Don't say:* Could you put up the tree up sometime before next Christmas? *Do say:* Could you put up the tree in the living room before we go to bed?

**E: Express**—Let your feelings be known by clearly expressing them. *Do not* "shoot daggers" with your eyes and slam the door because you are upset for not getting the memo about dinner being pushed back an hour. *Express yourself using I statements:* I feel "hangry"/ irritated/ frustrated because the casserole I made tastes better when it comes right out of the oven.

**A: Assert**—Say what you need to say.

*Don't say:* I have 5 other places I need to stop at but I will try to make it if I can.

*Do Say:* I am not going to make it this year.

**R: Reinforce**—Reward others who respond well to your attempts to communicate effectively. A simple smile or thank you can be sufficient. You do not need to send them 5 extra boxes of gifts because you feel guilty for saying no!

**M: Mindful**—Do not forget to stay focused on what you are trying to convey. It can be easy to "squirrel" and become sidetracked. Ex: If you are stopping to drop something off, do not end up staying for 5 hours.....Stay focused: Drop off and go, run if you have to..... (ok maybe not that dramatic)

**A: Appear**—throw your shoulders back, give eye contact, and be aware of body language—Even if you are not feeling confident, look confident.

**N: Negotiate**—You can't always get what you want however being open to negotiation can help the situation be more tolerable. Ex: Of course, it would be nice if somebody did ALL of the dishes however saying "I will wash the dishes if you bring them to the counter and dry them afterward." A little bit of help is better than no help!"

Amy Amon, LPC

Learning to love...you!

# Yoga

## 3 YIN YOGA POSES FOR HOLIDAY STRESS RELIEF

We all know that stress plays a major role in our lives and the negative impact it can have on our health. We also know that yoga and meditation have proven benefits in helping lower stress levels.

Yin yoga especially can help to calm the nervous system and help you get into the deeper muscle tissue that you may be ignoring as it gets tighter from stress and other daily worries and movements. Here are 3 Yin yoga poses to help ease holiday stress. Hold each pose for at least 1 minute each and give these Yin poses a try!



**LEGS-UP-THE-WALL POSE**

When you're experiencing stress, the nervous system's fight-or-flight response causes the body to secrete stress hormones such as adrenaline and cortisol. This pose can relieve stress by allowing your muscles to completely relax and your breath to regulate, giving your nervous system an opportunity to slow down. This helps reduce the levels of stress hormones, leaving you with a sense of calmness.

*Joelene Edmondson, RYT*

**SWAN POSE**



It is believed that much of our emotional tension is held in the hips. Swan pose will gently release tension and may even help you let go of emotional stress in the physical process. You will likely feel a very tight pull towards the outside of your hip; do not force your way into this yin yoga pose, but rather relax and breathe your way through the tightness. Practice on both sides.

**CHILD'S POSE**



This pose stretches the muscles and fascia along the backside of the body, the exact places that tense when we become stressed. Child's Pose releases these muscles, shifting the body from a sympathetic stress response to a parasympathetic relaxation response.



Learning To Love...

**YOU CREW!**

~ WINTER WALK & HOT CHOCOLATE ~

**WHEN: SATURDAY, DECEMBER 10TH**

**TIME: 9:30 -10:30 AM**

**WHERE: GODDARD STATE PARK AT  
THE MARINA TRAILHEAD**

**Check out our Facebook page for more details!**

724.269.7222

ROCKCREEKWELLNESS.ORG

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