

July 2024

Newsletter



Mental Wellness

8 MENTAL HEALTH MYTHS (PART 2)

There are a significant amount of myths surrounding mental illnesses. There is also much misunderstanding surrounding mental health concerns and this can lead to people not getting the help they may need. Learning as much as we can about mental health can help reduce the stigma.

Here is part 2 of - 8 mental health myths that are important to debunk!

5.) When someone develops a mental health problem, they will have it for the rest of their lives and they will not recover.

This is not true and mental health itself does not stay the same and goes up and down throughout our lives. Many factors can affect our mental health and if some of these factors change, it can change our mental health. With treatment, many of the problems that develop are temporary and can be changed or you will learn a way to live with it and still be a productive member of society.

6.) Therapy is a waste of time.

The truth is that most therapy is designed to be short-term and focuses on problems and solutions. Research has shown that it can be very effective in treating mental illness and can be most effective when combining medication with therapy.

7.) There's nothing I can do to help someone with a mental health problem.

The truth is there are lots of things we can do to help someone we care about who is struggling with mental health concerns. We can reach out and let them know that we are there for them, we can help them find mental health services they may need, and we can learn about what they are going through. We can treat them with respect, express support, and not give up on them. We can even encourage them to be physically active and even exercise with them.

8.) You cannot prevent mental illness.

Although we may not be able to always prevent mental health problems, we can reduce risk factors such as reducing stress, putting ourselves in positive situations, establishing healthy habits, and minimizing exposure to trauma by getting early treatment.

What myths did you believe?
Now you can fight the stigma of mental health by educating people you come in contact with daily!

Want to read the full article? Check out our blog on our website and read Stefanie's article on all 8 Mental Health Myths!

Stefanie Montgomery, LPC



Learning to love...you!



Yin Yoga

WHAT TO EXPECT IN A YIN PRACTICE

Yin is an exercise for your deep connective tissues, like fascia and ligaments, not your muscles. In exercising muscles you warm up, build heat, contract, and hold. This is what we typically think about when we talk about physical exercise, but it's not the only way.

When you intend to exercise connective tissues, you must apply long-held, passive stress. This is a good kind of stress for the body.

To get the exercise into the connective tissues (and not the muscles), you must practice cold, not in a heated room or after physical activity. First, we position the body (go into the yin pose), and then we make an effort to release the muscles. To apply stress to the connective tissues, we must also practice relaxing.

Here are 3 principles to expect in a yin practice:

#1. Find Your Edge

Come into the pose to an appropriate depth

Finding your edge is all about how far you go into a pose. It's that place where you hover between comfort and discomfort. Think of your edge as the tipping point just after you move outside of your comfort zone in a pose.

You want the pose to be comfortable enough to be able to be still and hold. But you also want to feel sensation in the pose. Aim for about a 5 out of 10 on your sensation scale. There should be no pain or pinching, but you should be feeling a change in your body.

#2. Find Stillness

Once we have found the edge, we settle into the pose and let go of the movement. Evoking the qualities of patience, acceptance, and surrender as we settle in the stillness. A simple concept, but it can be difficult to practice. Being still is not something that is encouraged in modern-day society, which is what makes it all the more important to practice it while on your mat. Once you are in the posture, do all you can to be as still as possible and let yourself be heavy. Let the mat hold your weight. Let your body melt and naturally pull itself deeper into the pose.

#3. Hold The Pose

Rest In The Posture For Some Time...

Similar to being still, principle three is all about staying in the pose. This is because yin works with your connective tissue called fascia. Your fascia surrounds your entire skeletal structure, including your muscles, and quite literally helps hold you together. Your fascia isn't accessed until a pose is held for 90 seconds. It takes a minute and a half for you to even begin to help your connective tissue let go. Yin poses are held between 3-5 minutes to give your fascia ample time to let go, release, and create more space.

Joelene Edmondson RYT, CMC



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ADVENTURE

Outdoor Yoga

LOCATED AT ROCK CREEK
WELLNESS

SATURDAY, JULY 13TH
9:30 - 10:30 AM

724.269.7222

ROCKCREEKWELLNESS.ORG

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