

# July 2025 Newsletter



## Mental Wellness

### ATTENDING TO RELATIONSHIPS

We all want people in our lives; however, navigating relationships can sometimes be difficult, especially when we have different ideas or views.

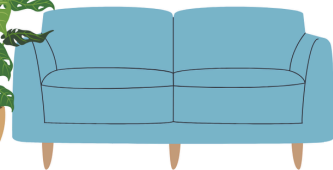
*Interpersonal skills* include being an active listener by truly listening and participating in a conversation, learning how to set boundaries, whether saying no or putting parameters on what you are willing to do, and using I statements to express and own emotions.

Interpersonal skills are not only communicating and setting boundaries but also include getting others to meet your needs, learning how strongly to say no, as well as learning how to strengthen current relationships, how to make new and how to end unhealthy relationships.

DBT teaches how to successfully implement skills and improve relationships.

Amy Amon, LPC

## WE'RE MOVING!



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

**Rock Creek Wellness Online!**



Learning to love...you!



# Yin Yoga

## SEASONAL STILLNESS: YIN YOGA TO COOL & REPLENISH IN SUMMER

Summer carries a vibrant, fiery energy. It invites joy, movement, connection—but also, without balance, can tip us into burnout, overstimulation, and scattered energy.

While this season encourages outward expression, it's just as important to create moments of intentional stillness to restore the nervous system and regulate inner fire.

Yin yoga offers us the perfect antidote to summer's intensity: It slows the breath, stretches the deep connective tissues, and draws us inward—exactly what our body craves when the heat (external or emotional) rises.

Here are three cooling, heart-supportive poses to try at home:

### 1. Butterfly Pose

- Opens the chest and inner thighs
- Soothes the heart space
- Hold for 3–5 minutes, breathe into the belly

### 2. Legs-Up-The-Wall

- Calms the nervous system
- Aids circulation and digestion
- Stay for 5–10 minutes with eyes closed

### 3. Supported Fish Pose

- Gently opens the chest and shoulders
- Encourages deep, cooling breaths
- Use a bolster or folded blanket under the back

**A Sip of Stillness:** Pair with a cooling herbal tea! Try a chilled infusion of peppermint, lemon balm, and hibiscus—calming to the heart, uplifting to the spirit, and naturally cooling.

### Journal Prompt:

Where in my life can I invite more stillness? What part of me is asking to be replenished?

Joelene Edmondson RYT,CMC



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

## Free Community Outdoor Yoga

SATURDAY, JULY 12TH  
9:30 - 10:30 AM

Head over to our Facebook events page for more information!

### UPCOMING MEETUPS:

- **AUGUST 9TH - KAYAKING AT WILHELM**
- **SEPTEMBER 13TH - HIKING AT SHENANGO RIVER TRAIL**
- **OCTOBER 11TH - DENNISON RUN-- OVERLOOK TRAIL**

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