

Mental Wellness



Emotions

What is the big deal? Emotions! Why do we need to feel them, especially the uncomfortable ones?

When it comes to emotions, we have 3 choices:

1. We recognize our emotions (the good, the bad, and the ugly) as normal, resulting in the ability to accept, process, and learn.
2. We avoid emotions---- avoidance allows them to build, increasing the potential of self-medication, numbness, unhealthy coping skills, or disconnecting completely.
3. We interpret emotions as being negative —“I should not feel this way, my feelings make no sense, this feeling is unacceptable, I should always know what to do with my emotions, etc..... ”

Sometimes with options 2 and 3, we feel as though we are out of control or the feeling is going to last forever. When we don't accept emotions as normal, we increase our risk of anxiety, depression, rumination, obsessive thoughts, or avoidance of situations. That is a big deal!

Emotions just want to be heard and acknowledged—show them a little love!

Amy Amon, LPC

Mental Wellness

Childrens Mental Health Awareness Month

Mental health includes our emotional, psychological and social well-being, and it's something we all have and need to take care of – just like we do our physical health. The quality of a child's mental health impacts the way they think, act, get along with others, and perform in school. Here are some ways to help improve and strengthen kids' mental wellness.

Encourage your kids to:

- Go outside
- Play
- Share their thoughts and feelings
- Be physically active
- Join an activity

You can:

- Talk about and use feeling words in everyday conversation
- Model using healthy coping strategies and decision-making skills
- Listen and be empathetic to your child's experiences
- Provide structure and routines
- Learn more about mental health and ask for help when needed

Krista Armstrong, MA, LPC



Learning to love...you!

Physical Fitness

May Is Global Employee Health And Fitness Month

Rock Creek Wellness is proud to provide corporate wellness offerings to small businesses in Mercer County and beyond. We offer personal training, chair massage, wellness coaching, Yoga, and more.

Why is employee health and fitness so important? It's a win-win situation.

Healthy employees overall are:

- happier
- more energetic
- more engaged
- productive
- less stressed

Organizations with healthy employees in general:

- attract new employees with health incentives
- save money on insurance and healthcare costs
- report higher attendance and fewer sick days
- improved performance measures

It's not just businesses that can benefit from corporate wellness. Corporate programs can also be applied to groups. We recently completed a wellness initiative with a local volunteer fire company and we have been active in local school districts promoting wellness in a variety of ways.

Wellness shouldn't be something you promote only in May, be sure to work it in throughout the year to maximize outcomes for your business and your employees. There are many avenues to explore based on your unique needs to address wellness with your company or group.

Katelyn Struthers, MS, NASM-CPT



A special shoutout and thank you to Dr. Kosick's office for booking a chair massage event to show appreciation towards your staff! 

Interested in showing your staff some appreciation? Contact us for more information!

New

LEARNING TO LOVE...YOU CREW!

COME JOIN OUR ROCK CREEK WELLNESS CREW FOR MONTHLY MEETUP ADVENTURES!

WE WILL MEET THE SECOND SATURDAY OF EACH MONTH FROM 9:30 -10:30 AM. ALL OUTINGS WILL BE POSTED ON FACEBOOK FOR CLIENTS TO JOIN THE ROCK CREEK TEAM - FREE OF CHARGE (RENTALS ARE NOT INCLUDED).

THIS IS A GREAT OPPORTUNITY TO DO SOMETHING NEW, ASK OUR CREW QUESTIONS OR SIMPLY ENJOY TIME WITH OTHER FELLOW WELLNESS SEEKERS! EACH MONTH WE WILL DO SOMETHING DIFFERENT.

OUR FIRST GROUP MEETUP IS ON MAY 14TH AT LAKE WILHELM (LAUNCH #3) FOR A HIKE!

724.269.7222

ROCKCREEKWELLNESS.ORG

60 B Franklin Rd. Mercer PA 16137



Reader acknowledges that the information in this newsletter is provided "as is" and for general information only. It is not intended as medical advice and should not be relied upon as a substitute for professional consultation with a qualified healthcare provider familiar with your individual medical needs.