

Mental Wellness

MEET OUR NEW COUNSELOR!

We are welcoming a new Counselor to our team! Amy Amon provides a positive approach to change, a lot of energy and enthusiasm, and she works well with others. Amy has 25 years of mental health experience in a variety of settings such as military, civilian, inpatient, in-home, and outpatient clinics with both children and adults.

Some interesting tidbits about Amy

Why Rock Creek Wellness?

I love what Rock Creek Wellness represents and strives to accomplish.

What are your hopes for the health and wellness industry?

I would like to see the health and wellness industry help individuals recognize their full potential, learn to appreciate the little things, and become less reliant on pharmaceuticals.

Tell us a little bit about your family.

My family is from the area. I left the area when I joined the military but returned 15 years ago. I live with my honey bear and our fur-babies and some feathered friends. We welcome all creatures!

Amy Amon, LPC



Yoga

5 Simple Ways To Add Meditation To Your Day

PAUSE FOR 30 SECONDS

If the thought of starting a meditation practice or incorporating it into your daily routine is daunting, start small. Take 30 seconds to pause. Reground yourself with a few deep breaths. By checking in with yourself, and focusing on your inhales and exhales, you can come back to a place of presence and awareness through balancing the nervous system and self-regulating.

BEFORE YOU SLEEP

This can be one of the most beneficial times to meditate. It helps to slow down the brain and bring you into a better sleep state.

IN THE MORNING

The mornings are my personal preference for meditation as this is when I have the most control over my time and I also enjoy the quiet, still atmosphere. Meditating in the morning can help set a calm and thoughtful frame of mind going into your day.

SURROUNDED BY NATURE

If you're someone who enjoys going for walks, try a guided walking meditation. It allows you to become more present and centered as you pay attention to the sounds, the touch, and the scents of nature — whether it be by the ocean, in your backyard, or in the mountains.

AFTER A WORKOUT

If you find it hard to be still for more than a minute, this one will definitely benefit you. Meditation can work wonders when done after a workout or any physical activity. Once your body has been moving, you will physically be more open to resting and experiencing meditation.

Joelene Edmondson, RYT



Massage

MASSAGE THERAPY AND YOUR MENTAL HEALTH

When you think of massage therapy, we all think of how good our muscles feel afterward. Whether your body aches from working out, having a physically demanding job, or just simply keeping up with your everyday chaos, from work to kids to school and repeat. Sometimes we tend to overlook the powerful effects of anxiety, stress, depression, and other things. Those ailments can take a physical toll on us as well.

Our bodies have a natural physical instinct to react when we are under emotional and mental distress and our muscles feel and store that as physical trauma to the body's muscles. When you undergo emotional and mental distress you then start to experience discomfort and injury in those specific areas.

Staying proactive just by simply stretching daily and a regular massage can tremendously improve not only how you feel physically but emotionally and mentally as well!

Victoria McCracken, LMT

Physical Fitness

THE BENEFITS OF A ROUTINE

As fall is underway, we're back in the swing of things with routines. Most folks think of routines as mundane or boring even. But there's nothing mundane about these benefits:

- **BETTER STRESS LEVELS**

When your day is planned you can improve overall mental health and reduce anxiety which lowers the risk for heart disease.

- **BETTER SLEEP**

Setting good bedtime habits and a regular sleep schedule increases sharpness, energy, and emotional well-being.

- **BETTER HEALTH**

Planning time for nutrition and exercise results in fueling your body and having energy for everything else.

- **BETTER EXAMPLE**

We can positively impact our families and others when we demonstrate the importance of self-care.

Routines don't have to be for just this season, they can benefit us all year round. Make your routine as unique as you. Whether you need a fully scheduled day or just portions of your day, you will still reap the health benefits of a routine and help you to be more efficient with your time.

Katelyn Struthers, MS, NASM-CPT

New

YOGA CLASSES
STARTING OCTOBER 18TH!

HOLIDAY WELLNESS
GROUP WELLNESS COACHING
STARTING ON OCTOBER 20TH!

SIGN UP ON OUR MINDBODY APP!

724.269.7222

Office@rockcreekwellness.org

60 B Franklin Rd. Mercer PA 16137



ROCKCREEKWEILLNESS.ORG