Newsletter





DEARMAN SKILL

Interpersonal effectiveness is a model we teach to help express those emotions that we have learned how to acknowledge and manage. DEARMAN is a great acronym to use when trying to express difficult emotions to others.

- Describe the current situation and stick to the facts. Many times we want to justify why feel the way we do. Keep it simple!
- Express your feelings pertaining to the situation. In other words—USE YOUR WORDS. Unfortunately, others cannot read our minds.
- Assert yourself by being clear about what you want. "Hinting" about what you want may not get the results you are looking for.
- Reinforce the benefits of being heard or the potential consequences of not being heard.

- Mindful remain true to your goal and do not get distracted especially if the other person is attacking you. Don't get off the topic and just keep making your point.
- Appear confident. Make sure your body language is supporting your words. Be mindful of your body posture, tone, eye contact, and volume of your message.
- Negotiate be willing to give to get and focus on what is going to be effective.

Amy Amon, LPC



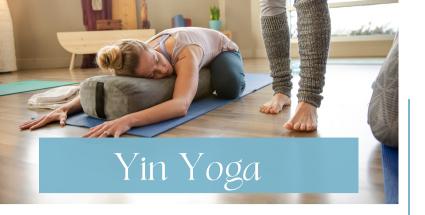
Join our private Facebook group! A place to learn, share, and encourage the practice of mindfulness, Yin yoga, and DBT skills!



Welcome to the

Rock Creek Wellness Community

DBT • Mindfulness • Yin Yoga



WHY USE A BOLSTER IN YIN YOGA?

Yin yoga complements yang or active yoga practices because it has a slower pace and the postures are held for longer periods, typically 3-5 minutes. The sustained stretches target the deeper connective tissues—the fascia, ligaments, and tendons—that the muscles protect. Whereas yang yoga builds heat and muscular strength, yin yoga is a passive practice that relies on gravity and time to improve joint mobility and flexibility.

In yin yoga, props like bolsters allow the body to sink into a pose gradually. Muscular effort is minimized. The props support the body so it can relax into stressed positions safely. This facilitates the release of fascia and stress while improving circulation in the joints. The bolster also enables you to hold challenging yin postures longer, intensifying their benefits.

There are several advantages to incorporating a bolster into your yin practice:

- Supports the body in passive stretches.

 Bolsters enable you to completely relax in yin postures by providing support. You can surrender muscular effort and sink deeper into the pose.
- **Allows for deeper stretching.** With the bolster's support, you can safely hold yin poses longer without overexerting. This enhances the stretch and stress on connective tissues.
- Prevents injury. Bolsters provide cushioning that protects joints and prevents overstretching. They can support vulnerable areas like the lower back.

- **Enhances relaxation.** Bolsters provide a comfortable surface to rest on. This invites deeper surrender and calm.
- Elevates areas of tension. Placing a bolster under a tight area of the body allows gravity to target the tension. Elevating areas like the sacrum releases back tension.
- **Brings grounding energy.** The soft, yielding surface of the bolster encourages a grounded, heavy sensation. This stimulates the parasympathetic nervous system.

Joelene Edmondson RYT, CMC



