

November, 2024

Newsletter



Mental Wellness

OBSERVE

Oh, Mindfulness...it sounds so simplistic but it's a process. When teaching mindfulness we break the skills down into 2 parts. The "what" skills and the "how" skills. The *what* skills include **OBSERVE, DESCRIBE, and PARTICIPATE**. In this month's article, we will focus on the "what" skill of **OBSERVE**.

The OBSERVE skill allows us to just notice what is happening without describing, labeling, or making an interpretation of the experience.

That also means being still without the dialogue in your head, allowing the thoughts to come and go whether they are pleasant or unpleasant, and not trying to escape the discomfort. It can be a challenge to allow thoughts to come and go.

Some simple ways to practice OBSERVE:

- Imagine your thoughts are like clouds—they come and they go.
- Just notice what is coming through ALL of your senses.....what do you see, hear, feel, taste, smell, and nothing else. If you have a thought, let it travel through.

- Put one hand on a cool surface and one hand on a warm surface and just notice the difference.
- Time yourself and see how long you can JUST OBSERVE.

Practicing the OBSERVE skill can be used on anything.

In what ways have you practiced OBSERVE?

Amy Amon, LPC



[LEARN MORE](#)

We are excited to announce that we now provide a convenient online membership for DBT skills training - Rock Creek Wellness Online!

Learning to love...you!



Yin Yoga

IN MY GRATITUDE ERA

The month of gratitude is finally here! November is the month where we celebrate Thanksgiving, but that doesn't mean that giving thanks is always easy. For some, gratitude may come easily, while others may struggle to find gratitude.

Gratitude is a powerful emotion that can bring many benefits to our lives. Expressing gratitude and cultivating it in ourselves has been linked to increased happiness, improved physical health, greater mental well-being, higher self-esteem, and life satisfaction. It's also been shown to increase overall mental health by helping us focus on the positive things in life rather than dwelling on negative emotions. Keeping a gratitude journal or practicing gratitude regularly can help us reap the emotional and psychological benefits of this positive emotion. By adding more gratitude to your day, you're setting yourself up for a happier and healthier life.

If you struggle with gratitude, just practice. The more you train yourself to focus on the good that already exists in your life, the more good you will see. You get good at what you practice. So, practice gratitude as often as you can!

Tips For Cultivating a Gratitude Mindset:

- Start small
- Consistency is key
- Reflect on your progress
- Share your gratitude

Joelene Edmondson RYT, CMC



MINDFUL MOVEMENT ONLINE

- MEMBERSHIP -

STRETCH, BREATHE, AND RELAX WITH OUR ONLINE MEMBERSHIP!

RELEASE STRESS AND TENSION, IMPROVE FLEXIBILITY AND DISCOVER A CALMER, MORE BALANCED YOU.

A VARIETY OF CLASSES ADDED TO YOUR LIBRARY REGULARLY INCLUDES MINDFUL ACTIVITIES & WORKSHOPS!

AVAILABLE THIS NOVEMBER!

Membership is only \$15/month and can be canceled any time!



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Learning To Love... YOU CREW! ADVENTURE



Grove City Borough Wolf Creek Trail



**SATURDAY, NOVEMBER 9TH
9:30 - 10:30 AM**

UPCOMING MEETUPS:

- December 14th - at Buhl Park
- January 11th - at Grove City Memorial Park



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