

APRIL



Learning to love...you!

Resiliency

Krista Armstrong, Licensed Professional Counselor

Have you ever known someone who has been through a lot of tough stuff and yet is now thriving or successful or bounced back quickly? This is most likely due to resiliency. The quality of resilience is being able to withstand life's difficulties, and the good news is that resiliency can be built! Resiliency or protective factors include having family support, social connectedness, coping strategies, adequate self care, which includes strong mental and physical health, and achievements and goals. Developing these qualities helps shield us or soften the blow of tragedies we face.

Rock Creek Wellness partners with Lakeview School District

Lakeview School District and Rock Creek Wellness are working together to teach mindfulness skills to children in grades 3-5 as part of the Club 212 after school program. Mindfulness skills are effective at helping children to be able to improve their attention, focus and calm down excitement and distress. This will help them to prepare better for tests, learning and performing in school, home and community activities. These skills will be taught and practiced in a fun and experiential way by the Rock Creek Wellness staff and volunteers.

Rock Creek Wellness is also providing weekly skills groups for identified students in 6th thru 9th grade. These skills are mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness. These skills are being provided by Krista Armstrong, a Licensed Professional Counselor (LPC) and National Board-Certified Counselor. She works with children & adolescents and their families to address their needs. Her specialization is in treating anxiety disorders. She is passionate about suicide prevention and is the co-chair for the Lawrence County Suicide Prevention Coalition and a member of the Mercer County Suicide Prevention Network.

*Rock Creek Wellness
60 B Franklin Rd.
Mercer, PA 16137*

Learning to love...you!

Self Care is a NECESSITY

Nicole Warren, Licensed Massage Therapist

What do you spend \$60 on in a typical month? Coffee and a muffin every morning before work? Take out or a nice sit down- if you're choosing frugally. Treat yourself to nails, your vehicle to a detail, your closet to a new outfit?

Spending \$60 is pretty easy, right? We do it often and often without thought. But your aching neck, tight shoulders, bad back, sore knees, tired feet... They are neglected! How often do you spend money on the vessel that can get you to work, in a new outfit, in your freshly detailed car? Once a year, maybe on your birthday because you REALLY deserve it?

Monthly maintenance massage isn't a LUXURY, it is a NECESSITY! The more effort we put into ourselves and our bodies, the more we get out of them. It's time we stop treating self care as something we can't afford and begin seeing it as something we can't afford to NOT be doing!

We need your help

We will soon be seeking participants for an email survey. The survey will be brief and center on learning about our immediate community, their needs, and how we can better serve that moving forward. Plus, each participant will be treated to a special discount on a massage!

Head over to our webpage and submit your email address to begin receiving our newsletter, and other exciting promotions like this!



Sometimes self-care is exercising and eating right. Sometimes it's spending time with loved ones and taking a nap. And sometimes it's watching an entire season on TV in one weekend while you lounge around in your pajamas. Whatever soothes your soul.

Nanea Hoffman

Rock Creek Wellness
60 B Franklin Rd.
Mercer, PA 16137

724.269.7222
Rockcreekwellness.org
rockcreekwellness09@gmail.com