

August, 2023 Newsletter



Mental Wellness

COPING THROUGH GRIEF

National Day of Grief is August 30th. Grief can often be an intense emotion that many people want to avoid due to the intensity of the emotions. So what can we do to cope through grief when it occurs?

We can be mindful of the emotion by allowing ourselves to feel the feeling fully and not trying to avoid or block it, but also not trying to cling to or amplify it when it does occur. We can do this by riding this wave of emotion and by paying attention to how long it lasts, how intense it is as well as noticing where in your body a sensation is occurring. Also, consider how to experience it as fully as you can and observe how long it lasts until the emotion reduces or goes away. Remember, we are not our emotions, so we do not have to act on what we are feeling. Also, remember that there are times when we have not felt this way and times that we can use to compare in our past to help us remember that we will not stay feeling this way forever. Practice loving your emotion by respecting it for what its purpose is and why we are experiencing the emotion. Do not judge your emotion, but also practice willingness with it and the intensity will decrease rather than trying to fight the emotion. Radically accept that you are feeling the emotion and this will lead to being able to change it as well. We can cope ahead for times we are likely to feel grief such as on holidays, birthdays, and anniversaries and for days that it abruptly comes on by rehearsing a plan that is likely to work to stay skillful in emotional situations that do occur.

In order to cope with grief effectively, it is important to experience the feelings of grief rather than avoid them, so if you need to practice distraction for a bit, it is important to come back to the emotion and fully experience it.

Stefanie Montgomery, LPC

ROCK CREEK WELLNESS ONLINE

**A membership for ONLY
\$15.00 / month!**

Online resources for your mental health & wellness!

Learn about DBT (Dialectical Behavioral Therapy), mindfulness, and emotional wellness strategies for greater emotional balance! Enjoy a variety of yoga classes at your convenience for both your mental and physical wellness!

COMING SOON

**A private Yin yoga & mindfulness
group community to
connect, learn, and share!**

**Easily sign up on our website or contact the
front desk to get started!**

.....

Learning To Love...

YOU CREW!

A D V E N T U R E

Outdoor Yoga

Check out our Facebook page for more details!

AT ROCK CREEK WELLNESS

SATURDAY, AUGUST 12TH

9:30 - 10:30 AM

Learning to Love...you!

Yin Yoga

HOW TO EMBRACE MINDFULNESS ON YOUR YOGA MAT

One of my main objectives for our yoga classes is mindful movement. Whether you are practicing yoga at home or here, it's important to learn how to develop a sense of **mindfulness** — *maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.* This allows us to stay focused in the present moment and avoid distractions.

Here are a few useful tips to help you embrace mindfulness on your yoga mat:

REMOVE DISTRACTIONS.

Keep all your personal belongings outside of the yoga room. Turn your cell phone on silent or completely off to avoid being interrupted or leave it with your belongings. Create a time and space where distractions are minimal. Your practice area should only contain your mat and props needed for practice.

SET AN INTENTION.

An intention is simply a quality or virtue that you want to cultivate more of in your practice or in your life. This is best done at the beginning of your practice. An example could be, "I will give my focus to my breath throughout the practice". You could even come up with a mantra or positive affirmation such as "I am peaceful" or "I am centered."

RESIST THE URGE TO COMPETE.

This can be hard if the students around you are practicing advanced variations of the poses being presented. Do your best to stay connected to what makes the most sense for you in every pose. Remember that comparison isn't a healthy habit to have. Over time it can have a negative impact on your self-esteem and even start to affect your mental well-being. However it is fairly common, so if at times you find yourself falling into the comparison trap, don't feel bad or judge yourself. Simply come back to your own practice and focus on what feels good to you.



PAY ATTENTION TO YOUR BODY.

Notice when your body is telling you it needs to rest or modify and honor it. Just as competing with others can pull us out of our own experience, forcing our body into certain poses and pushing beyond our physical limits will bring us out of awareness and into our heads. Stay connected to your breath and notice when you need to stop and take a break.

BE AWARE OF EMOTIONS THAT COME UP — ACCEPT & THEN LET GO.

Our practice can be a trigger to other emotions. It could be something the teacher brings up, your perceived level of ability to do a particular pose, or the person next to you and the sound of their breath. An important aspect of mindfulness involves acceptance, meaning that we pay attention to our thoughts and emotions without judging them—without believing, for example, that there is a "right" or "wrong" way to think or feel. Use your practice as a chance to play with the idea of accepting and letting go of these emotions. Rather than worrying about the past or imagining the future, tap into your present experience by bringing awareness to your breath and physical practice.

TAKE TIME FOR SAVASANA (RESTING POSE).

Allow your body to come to a complete state of relaxation and let the mind do what it does. This is one of the most important parts of the practice. After all, it is the end of the practice that sets the tone for how you will feel as you leave your practice. When you come into Savasana, it goes without saying that the idea is to physically relax. But, just as in meditation, if you find your mind wandering, let it do its thing.

I hope these few tips provided you with fresh insight and inspiration to bring more mindfulness to your yoga mat!

Joelene Edmondson, RYT