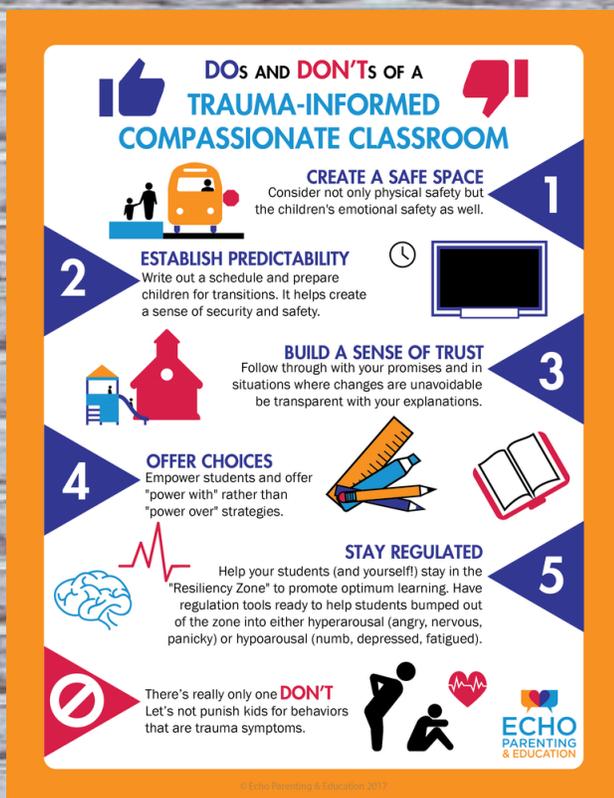


Learning to love...you!

Be Trauma Informed

Krista Armstrong, Licensed Professional Counselor

Did you know that 51% of men and 61% of women report that they have experienced a traumatic event in their lifetime? That means that every day, you are interacting with family, friends, and co-workers that have been through something distressing enough to have caused lasting emotional and or physical injury. Part of my hope for wellness is in creating a trauma-informed community. Being trauma-informed means realizing the widespread impact of trauma and understanding potential paths for recovery; recognizing the signs and symptoms of trauma in other people in your community, responding by integrating knowledge about trauma into any policies, procedures, and or practices you are involved in, and resisting re-traumatization. You can help by becoming trauma-informed yourself! Register for a training, read articles or listen to TedTalks about trauma, or reach out to me. Knowledge is power, and together we can create families, schools, and workplaces that are safer for everyone.



DOs AND DON'Ts OF A TRAUMA-INFORMED COMPASSIONATE CLASSROOM

- 1. CREATE A SAFE SPACE**
Consider not only physical safety but the children's emotional safety as well.
- 2. ESTABLISH PREDICTABILITY**
Write out a schedule and prepare children for transitions. It helps create a sense of security and safety.
- 3. BUILD A SENSE OF TRUST**
Follow through with your promises and in situations where changes are unavoidable be transparent with your explanations.
- 4. OFFER CHOICES**
Empower students and offer "power with" rather than "power over" strategies.
- 5. STAY REGULATED**
Help your students (and yourself!) stay in the "Resiliency Zone" to promote optimum learning. Have regulation tools ready to help students bumped out of the zone into either hyperarousal (angry, nervous, panicky) or hypoarousal (numb, depressed, fatigued).

There's really only one DON'T
Let's not punish kids for behaviors that are trauma symptoms.

ECHO PARENTING & EDUCATION

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.”
— Fred Rogers

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



Learning to love...you!

Back to School Fitness

Katelyn Struthers, NASM-CPT

Back to school is a busy time of carpools, after school sports and activities, homework and shorter daylight hours in general. But don't forget to be purposeful in keeping your own health a priority so you can be the best for your family! Here are some tips on making it through the crazy back to school season and coming out the best you possible:

- 1. Manage your stress: make a list of the things you enjoy doing, and make sure you do at least one of those each day.*
- 2. Play with the kids: make it a point to leave behind the household chores for a short while to connect as a family and reap the added benefits of being physically active! It's great for both youth and adults.*
- 3. Up your sleep game: Do your best to get that full 8 hours in a night, even if it means napping with the younger kids during the day.*
- 4. Spruce up a home gym: back to school time might mean less time to get to the gym. Pick up a few weights or resistance bands to do some body weight exercises. Your place and time!*
- 5. Meal prep: It's easy to run through the drive thru or order a pizza on busy evenings. Think ahead about the foods you enjoy and do some prep work so throwing together dinner isn't a difficult task. Cook and dice meats, chop veggies, make meals to freeze.*

August 19th 6 p.m.

*Please RSVP at rockcreekwellness.org
or by calling the office at 724.269.7222*



Stress Relief Seminar

Join us for an informative session about stress and its effects on our minds and bodies. Krista Armstrong, Licensed Professional Counselor and Katelyn Struthers, Certified Personal Trainer, will also be providing some tips on how to manage stress both emotionally and physically as well as answering questions.

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