

Learning to love...you!

PLEASE Skills

Krista Armstrong, Licensed Professional Counselor

PLEASE, Take Care of Yourself!

“Self-Care” is a buzz word that we hear a lot about. Self-care is NOT treating yourself. Self-Care is taking an active role in improving your well-being. Taking care of yourself helps prevent illness and reduces your vulnerability to intense emotions. You can practice self care by remembering the acronym, PLEASE. PL - treat Physical iLLness : take prescribed medication, go to yearly check-ups, and see a doctor if you’re not feeling well. E - balanced Eating : make sure that you’re eating nutritional meals. A - avoid mood Altering drugs : drugs and alcohol affect your physical health and make it more difficult to be in emotional control. S - balanced Sleep : getting enough and quality sleep is very important for your health. E - get Exercise : do some type of physical activity daily.

Be a Better Version of Yourself

Kara Alsdorf, Book Discussion Facilitator

I'm not one that typically makes New Year's Resolutions, but I am definitely up for changing and growing and shifting my mindset to be a better version of myself.

I thought these were great thoughts to do just that:

- 1. Wake up with a grateful heart*
- 2. Count my blessings*
- 3. Share kindness*
- 4. Help someone in need*
- 5. Let go of what I can't control*



It's another giveaway, a Valentine Day gift of a free massage gift card!

Head over to our Facebook Page for details

Drawing will be held February 11th!

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



Learning to love...you!

The Importance of Self Care Therapist

Nicole Warren, Licensed Massage

Self-care is an undeniably important aspect of health and wellness. If you're not caring for yourself, you will have a difficult time giving care. Occasionally we like to put ourselves last on our list of 'those who need care' instead, we should try to put ourselves first. This may sound like a foreign concept to many but, you're probably already practicing self-care, you just don't realize it!

Ever wake up earlier or stay up later than everyone to enjoy a quiet cup of coffee, tea, or wine? That IS self-care! Maybe you sit in your car on your lunch break and listen to music or talk to someone you care about... you guessed it! SELF-CARE! Where we stumble is doing these things without recognizing the importance of the moment- a simple few minutes, just for you! For these things to be beneficial self-care routines you must actively plan them as such. Keep a conscious mind and the impact will be greater! Self-care is something you shouldn't force yourself to do it should be the thing you look forward to. Below I'll give some tips and/or examples of self-care that you can easily adjust to your unique lifestyle.

Self Care Starter Kit

- Create a list of things you force yourself to do and decide which ones can be let go of.*
- Create a list of things you enjoy doing and decide which ones can fit into your daily routine.*

Self Care at Work

- Be prepared for work! Temps fluctuate, office chairs are uncomfortable, feet swell, bodies grow weary from sitting. Bring a sweater, pillow, extra shoes and don't forget to stretch!*
- Walk to get tea or coffee when/if you're able.*
- Keep your work desk/work area tidy.*
- Take the stairs or the long way around the building- walk whenever you can.*
- Do a work-related activity away from your desk.*

-The brain is only productive for 45 minutes at a time!!

- Change up your lunch routine every so often.*
- Know when you need a break and take one.*

Self Care Anywhere

- Be mindful of who you give your time to*
- Meditate*
- Play a video game/watch a movie/read*
- Drink water*
- Walk/dance/exercise*
- I recommend yoga due to its LONG list of mental and physical benefits!*
- Write/paint/cook/bake/tinker*
- Get a mani/pedi/barber shave*
- Get a massage!*

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

724.269.7222

*Rockcreekwellness.org
rockcreekwellness09@gmail.com*