

Mental Wellness



IT'S THE NEW YEAR! TIME FOR FRESH STARTS, RESOLUTIONS, NEW GOALS, OUT WITH THE OLD AND IN WITH THE NEW.

January is when folks tend to get gym memberships, decide to eat right, vow to be more positive, and are more focused on self-care....ANYTHING to keep us out of the post-holiday slump and make the next year even better.

Mental health is more than coping and expressing feelings, it is also taking care of our bodies whether it's through exercise, relaxation and eating healthy, etc... When we care for our bodies as well as our "power source" aka the brain -our mood is better as a whole.

Yoga, wellness coaching, relaxation via massage, or mindfulness exercises can help keep stress levels down, making life a little more manageable. (We have all of these at Rock Creek Wellness.....) ! 😊

Bottom line is, wherever you decide to address self-care it's good to remember that: Self-care is not an expense, it's an investment and YOU are important!

Amy Amon, LPC

Yoga

5 BENEFITS OF PRACTICING YOGA DURING THE WINTER

1.) IT CAN HELP YOU BEAT THE WINTER BLAHS

Numerous studies have linked regular yoga practice to improved mental health: it fights seasonal affective disorder, depression, and stress.

2.) IT STRETCHES OUT TIGHT MUSCLES TO KEEP YOU BALANCED

Treading on snow and ice in big, clunky boots can throw off your alignment. In particular, your hip flexors can get tight after a day of running errands or skiing. Yoga can help get the lower body back to where it should be – hopefully in time for the next ice storm.

3.) IT CAN HELP RELIEVE ARTHRITIS SYMPTOMS

The cold days of winter can make the pain and lack of mobility of arthritis even worse. Yoga, which limbers you up from head to toe, can make a difference.

4.) IT CAN BOOST YOUR CIRCULATION

Many of us deal with cold hands and feet throughout the winter – just because of our physiology, or due to a medical condition. But a yoga class that gets your blood moving can spread the heat around.

5.) IT BOOSTS YOUR IMMUNE SYSTEM

Spending so much time indoors exposes us to a lot more germs in winter. The fact that we eat fewer fresh fruits and vegetables – or eat ones shipped long distances – and live less actively does not help. Yoga helps the body cleanse the kidneys and liver and lowers our stress level; all of which provide an immune boost.

Joelene Edmondson, RYT

Learning to love...you!



Massage

WARM-UP YOUR WINTER WITH A HOT STONE MASSAGE

Whether you are looking to take a break and relax or are in need of healing your tired and sore muscles adding hot stones to your next massage will bring added relaxation and rejuvenation to your mind and body.

A hot stone massage is a natural therapy in which warmed stones are positioned on parts of the client's body to maximize the therapeutic benefit. The deep penetrating heat of the stones relaxes and unwinds soft tissue allowing for easy release of tension and bound up muscles.

Hot Stone Massage Benefits

- increases circulation
- supports effective deep tissue therapy
- relief from joint pain and stiffness
- great for soothing achy feet, backache, and neck aches
- improves flexibility and range of motion
- great for cold hands and feet
- supports stretching during and after massage by warming up the muscles
- helps with restless leg syndrome
- provides deep relaxation
- good for insomnia

Victoria McCracken, LMT

Physical Fitness

INSTEAD OF MAKING RESOLUTIONS, TAKE A LOOK AT THOSE IDEAS AND MAKE THEM INTO GOALS.

It's the new year and that traditionally means that a lot of folks are making new year's resolutions, and often about their wellbeing. We all know the familiar pattern of being excited and charged about those ideas, but quickly losing momentum not far down the road. Instead of making resolutions, take a look at those ideas and make them into goals. With these steps, goals can become achievable and adaptable to your life and circumstances:

- 1. Vision:** What is your "why?" It starts here because this is your source of motivation.
- 2. Three-Month Goals:** What can you accomplish in the next three months that gets you closer to your vision?
- 3. Weekly Goals:** Focusing on specific action steps will help you make more visible progress toward your larger goals.
- 4. Make it SMART:** Specific, Measurable, Attainable, Realistic, and Timely.
- 5. Adjust:** There are many reasons why we may need to change our goals. See obstacles as an opportunity to evaluate your progress and adjust your goals.
- 6. Celebrating:** Recognizing your achievements allows you the chance to pinpoint what worked so that you can repeat it in the future.

Katelyn Struthers, MS, NASM-CPT

New

GROUP GOAL SETTING STARTS
ON JANUARY 7TH!

NEW YOGA HOURS COMING SOON!

NEW MASSAGE PACKAGES!

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