

January 2024

Newsletter



Mental Wellness

WHAT IS A DIARY CARD?

What exactly is a diary card? A diary card is an abbreviated daily journal that helps track and identify patterns. It is a tool that helps clients increase awareness to utilize skills more effectively.

This card helps track the intensity of mood, thoughts of self-harm/ suicide, physical ailment, and whether the effective DBT skills were considered or not. The diary card also includes a list of the DBT skills which helps serve as a daily reminder of what your healthy options are. Diary cards are a good visual not only for the therapist but for the client as well. They can help make connections to how our physical state can impact our emotional state and vice versa.

Many clients start out hating diary cards at the beginning when they are first used. This is because it can be uncomfortable to see the unhealthier coping skills and the intensity of emotional misery. However, when changes are made and progress is apparent the discomfort of hate typically transforms into an appreciation.

Amy Amon, LPC

Learning To Love...
YOU CREW!
ADVENTURE

Winter Walk

CLEAR CREEK STATE FOREST MCKEEVER
SATURDAY, JANUARY 13TH
9:30 - 10:30 AM



Join our private Facebook group! A place to learn, share, and encourage the practice of mindfulness, Yin yoga, and DBT skills!



Welcome to the
**Rock Creek Wellness
Community**

DBT • Mindfulness • Yin Yoga

Learning to love...you!

Yin Yoga

4 YIN YOGA POSES TO MELT TENSION AWAY

In need of a little relaxation, release, and letting go as we enter into a new year? Give these 4 yin yoga poses a try. Take your time settling into each pose, finding your edge. Then resolve to be still and hold the pose for as long as comfortable to you. You will want to have 1 block or bolster (or other prop) handy.



1. Butterfly Fold – Start seated. Bring the soles together, and knees apart. Choose how close you bring the heels in towards the seat, shifting the focus of the stretch. Let yourself slowly roll down over the legs. Place a block under the forehead if you like. Get into a place where you don't have to struggle, instead allow yourself to relax and open into it naturally.



2. Shoelace – Shift to the right hip to bring the left leg forward. Wrap the left leg over the right one. Try to stack and align the left knee over the right. Stay here, or place a block under the hips. Also, an option to fold down over the legs to increase sensation, possibly placing a block under the head. Repeat on the other side.



3. Melting Heart– Begin in table pose on your hands and knees. If you feel pain in your knees, put a blanket underneath them. Walk the hands forward, making sure your hips stay right above the knees. Gently sink your heart towards the mat. Option to use a bolster/blocks.



4. Extended Child's Pose– Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips. Lay your torso down between your thighs. Walk your hands out toward the front of your mat. Gently bring your forehead down toward the mat.

Joelene Edmondson. RYT, CMC

HAPPY NEW YEAR
2024
NEW YEAR
NEW STUDENT SPECIAL



*** New Students ***
For every class attended during the month of January, you will be entered into our drawing to **WIN a 5-class pass!**

724.269.7222

ROCKCREEKWELLNESS.ORG

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Reader acknowledges that the information in this newsletter is provided "as is" and for general information only. It is not intended as medical advice and should not be relied upon as a substitute for professional consultation with a qualified healthcare provider familiar with your individual medical needs.