

JANUARY

Make SMART Goals

Krista Armstrong, Licensed Professional Counselor

A New Year's Resolution can be a valuable way to create a fresh start, if you set goals that are S.M.A.R.T.! S.M.A.R.T. goals are: specific, measurable, achievable, relevant and timely. To create a goal that is specific means to make it detailed about what you want to achieve or accomplish. Next, set a tangible outcome measure such as an amount or concrete factor that let's you know you've achieved it. Having your goal be achievable is also important! Make sure your goal makes sense for you and that you have or are able to obtain the tools needed to make it happen. Your goal should also be relevant, meaning that it is important to you. Setting goals that fit with what you hope to achieve and align with your personal values, needs, and beliefs is important. Finally, set a target date or deadline for your goal. Goal-setting is a healthy way to improve mood and motivation. Making sure your goals follow these guidelines helps provide you with structure and guidance as well as fosters a positive sense of self. Often times, we set goals for ourselves that may not be clearly identified, realistic, are not time sensitive, or we may not even be able to tell what we've accomplished. This can create feelings of disappointment and harms self esteem and motivation. Here is an example of a common resolution and how to make it S.M.A.R.T.! Resolution: to be happier. S.M.A.R.T. Goal: I will journal or write down something I appreciated or am thankful for at the end of each day. I will do 2 activities every day that I enjoy. Resolution: to lose weight. S.M.A.R.T. Goal: I will lose 5 pounds by Valentine's Day; 8 weeks from now, I will fit into and feel comfortable in my old jeans.

How Do You Receive Love

Kara Alsdorf, Office Manager

How do you best receive love? It's probably not something you've thought much about. But understanding what fills your tank so that you can take care of yourself and then be able to help others is essential to whole wellness.

Gary Chapman's book, The 5 Love Languages, further explains what these languages are and how they benefit you and your relationships. Go to this site to discover your love language www.5lovelanguages.com/profile/

Take the 5 Love Languages® official assessment to discover your love language and begin improving your relationships. Your love language profile will explain your primary love language, what it means, and how you can use it to connect to others. Join more than 15 million people who have already improved their relationships by discovering your love language.

It will only take a few minutes to take this simple assessment and you might just learn something new about yourself!

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Blow Out the Winter Blues

Nicole Warren, Licensed Massage Therapist

Cabin fever, winter blues, seasonal stress, post-holiday fatigue, whatever you want to call it- Late January is a total drag! It's cold, the sun hasn't shone for days, winter is really starting to be wintry, you just made your first payment on the credit card bill from December's over-indulgence and tax season is looming over your shoulder. We are stressed!

What can you do when you're on edge and only have a minute or two to pull it together? The answer is: diaphragmatic breathing. A very scientific word for simply breathing into your belly vs. your chest. The reason it works: this style of breathing stimulates your Vagus nerve which is responsible for your 'rest and digest' nervous system. When the Vagus nerve is engaged your body responds by relaxing. A very fast and effective way to allow yourself to let go! There are several techniques but the two I have found that work best are "Drop Breath" and "Square Breathing". Make sure to watch my instructional video on Facebook or research the terms yourself for techniques!

Share the Love

Introducing the new massage therapy referral program! You will receive three cards after a massage with me which you may distribute to your friends and family. When someone uses a card, they will receive \$5.00 off their massage and their own set of Share the Love cards at the close of their session. You will also receive \$5.00 off your next session as a thank you for your referral! Share the Love with 9 or more people and you will be handsomely rewarded!

Be sure to schedule a massage soon so you can Share the Love with someone you know!

Personal Training

Rock Creek Wellness has announced that Katelyn Struthers, NASM-CPT, will soon be making the shift from our marketing coordinator to personal trainer! Katelyn is currently seeking her Masters in Exercise Science from California University of PA and has hands-on experience with weight loss and wellness coaching. Katelyn says "I hope that everyone can find some way to care for themselves each and every day, whether it is a workout, massage, counseling, prayer or meditation...or even better, all of the above!" Stay tuned as we develop our personal training services and hours, and contact us if you have any questions or comments on how this service can help you.