

Learning to love...you!

Five Ways to Welcome the New Year

Tanvi Gupta MA LPC

1. Think about your growth in the past year. Take a minute to appreciate all the memorable times with family and friends. Appreciate challenges you were able to take on successfully in the last year. We often look to see what we have not achieved, but neglect to see how far we have come. Give yourself credit for your accomplishments.
2. Make 2-3 new goals to pamper yourself or take care of yourself this year. These can be fitness based goals, food habits you are trying to adopt, or simply finding ways to unwind. See if you can make yourself future appointments for enjoyable activities with friends or much needed “me time”.
3. Be mindful of your stress triggers. Beating stress can be a little bit easier if we know what

10 WAYS TO MAKE YOUR LIFE BETTER



things cause stress or anxiety for us. Being mindful of how our body responds in stressful situations can also be helpful. Make a plan for simple ways to de-stress in the moment, such as practicing breathing, listening to music, calling a friend or simply taking a moment for yourself.

4. Think about your support network. Who do you look to for support? Are you happy with your current support network? Are you looking to grow this? If so, what qualities are you looking for in a healthy support network? We often get so wrapped up in our responsibilities that we forget that we need a support system for ourselves that we can rely on to when we need them the most.

5. Reorganize or freshen up your living space. Something as simple as hanging a new shower curtain, changing the position of furniture, or putting up a new painting or picture can really create a much needed change sometimes. Decluttering or doing some much needed organization around the house can also help with feeling more at ease or bringing some clarity to the mind.

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Creating Routines

Krista Armstrong MA LPC

Are you someone who thrives on schedules or are you more of a go with the flow kind of person? While an effective balance to these two lifestyles is ideal, I wanted to share with you the mental health benefits of creating routines in your life. Structure and creating schedules can help us to feel more in control, which can counteract problems with anxiety and mood instability. When you have a schedule, it can prevent overthinking and even feelings of worry, confusion, stress, and purposelessness. Furthermore, studies have found that for kids, having a daily routine decreases impulsivity and oppositional behaviors. As you perform your daily tasks, you also gain a sense of accomplishment that can boost your sense of self worth. Plus, a regular daytime routine can improve your sleep as it helps our circadian rhythm to balance.

Creating a routine doesn't have to be a task. Think about the activities that you need or want to do in a day, personally, for your family, and for your job. Carve out an allotment of time for each of these things and plug them into your day. The most important thing about a routine is that it's, well, routine. Doing the same activities, with some variations, at set times each day, can help create inner peace and self efficacy.

Pop Up Kitchen

Katelyn Struthers NASM CPT



On Tuesday January 28th at 6:30, we'll be hosting a "Pop Up Kitchen." The Teaching Kitchen is a program from Be Well Therapies and Dr. Michelle Thompson that incorporates how to shop, prepare, and cook foods that align with a whole food plant-based diet. Topics typically include: Food as Medicine, Prepping for Success, Plant-based Cooking, and a Plant-based Communi-

ty for Sustainability. These classes nurture a creative environment where active learning is encouraged through use of video, lecture, and a hands-on approach for prepping and cooking snacks, side dishes and meals. We will focus on building the foundation of a healthier mind, body, and spirit through the transformational power of plant-based food.

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

*724.269.7222
Rockcreekwellness.org
rockcreekwellness09@gmail.com*