

## Mental Wellness



### GETTING THE MOST OUT OF YOUR SUMMER FUN!

Mindfulness helps us to get the most out of our pleasurable experiences. When engaging in summer activities, soaking up the sun, or while on vacation, follow these steps to increase your awareness of pleasant events and emotions to make your summer more enjoyable and memorable.

1. Focus on the present—what's going on now?
2. Engage your senses!
3. Describe what you see, hear, smell, taste, and feel (both physically and emotionally).
4. Acknowledge the pleasing feelings and sensations.
5. Keep your attention on the activity - use your senses to help you re-focus if needed.

*Krista Armstrong, MA, LPC*

## Massage

### DO YOU SUFFER FROM MIGRAINES?

When dealing with migraines, even headaches, you can run into many different triggers and sensitivities. You may be one of those people struggling just to make it throughout the day or week trying not to increase the severity of an already existing migraine or trying to avoid getting one altogether.

We naturally seem to lift our shoulders higher and higher throughout the day. When the muscles tighten up they can cause agitation and tension. When the muscles are tense and being pulled on this can trigger the onset of a migraine.

So, what do you do to treat, manage, or prevent migraines? Massage therapy! Getting a regular massage for 30 to 60 minutes every 2 to 4 weeks has statistically proven to treat and prevent migraines and headaches. Relaxing the upper back, shoulders, and neck muscles makes a significant impact in treating and managing migraines as those are the areas that suffer the most when dealing with a migraine.

Picking the right therapist for you determines the success of your treatment and sessions. You want your therapist to be invested in you and what course of treatment will best suit you. The variety of migraine treatments is endless. From trigger point and myofascial to shiatsu and reflexology.

There are many ways to help manage your migraines through massage. If massage therapy is not already a part of your treatment plan it should be now! Don't be afraid to talk with your massage therapist to find the treatment plan that is best for you!

*Victoria McCracken, LMT*

# Yoga

## THE PURPOSE OF PROPS

Utilizing props in any yoga practice is a wonderful way to enhance your experience on the mat. For a long time, yoga props got a “beginners only” reputation because of their standard ability to help modify the practice. However, yoga props are wonderful for any yogi, regardless of experience – for various intentions.

### Examples of props for yin yoga...

- Blocks
- Blankets
- Bolsters
- Yoga Strap
- Sandbags
- Eye Pillows

Props provide a diverse amount of options to support the practice. Let's recall the 3 rules of yin yoga.

1. Come into the pose at an appropriate depth.
2. Find stillness in the body, breath, and mind.
3. Hold for a time.

In order for us to capture the essence of yin in our time on the mat as listed above, we need our props!

### Props can help with:

- support in a pose
- make poses more accessible
- make deep relaxation possible
- help intensify or help lessen the intensity of a pose

Don't be afraid to use your props! There are so many reasons to use your props during your practice!

*Joelene Edmondson, RYT*



New

## LEARNING TO LOVE...YOU CREW!

### COME JOIN OUR ROCK CREEK WELLNESS CREW FOR MONTHLY MEETUP ADVENTURES!

We will meet on the second Saturday of each month from 9:30 - 10:30 AM. All outings will be posted on Facebook for clients to join the Rock Creek Team - free of charge (rentals are not included).

This is a great opportunity to do something new, ask our crew questions, or simply enjoy time with other fellow wellness seekers! Each month we will do something different.

### OUR NEXT GROUP MEETUP:

**WHEN:** SATURDAY, JUNE 11TH

**WHERE:** LAKE WILHELM MARINA

**ACTIVITY:** A KAYAKING ADVENTURE!

**RENTALS ARE AVAILABLE AT THE MARINA.**

724.269.7222

ROCKCREEKWELLNESS.ORG

60 B Franklin Rd. Mercer PA 16137



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