

Mental Wellness



CHILDREN BOOKS

Books are a great way to teach kids about emotions and other important social skills that you want them to learn. Here are some of my favorite books that include great lessons and help teach important skills.

“Howard B. Wigglebottom” books by Howard Binkow

“A Little Spot of ..” books about emotions by Diane Alber

“Today I Feel Silly” by Jamie Lee Curtis

“My Mouth is a Volcano” and “But It’s Not My Fault” by Julia Cook

“The Pout Pout Fish” by Deborah Diesen

“How Full is Your Bucket?” by Tom Rath & Mary Reckmeyer

“What Was I Scared Of” & “Horton Hears a Who” by Dr. Seuss

After reading, ask questions such as “What was the lesson the character learned in the story?”, “When have you felt like that or had that happen to you?”, as conversation starters to make the connections between a fun story and a message they’ll remember and apply!

Krista Armstrong, MA, LPC

Massage

DISABILITIES AWARENESS MONTH

March is National Intellectual and Developmental Disabilities Awareness Month. In recognition of this important month, I want to focus on how massage therapy can help those that have developmental disabilities and how it can also be beneficial for the caretakers as well. Intellectual and developmental disabilities such as *Autism Spectrum Disorder, Cerebral Palsy, Attention Deficit Hyperactive Disorder*, all have something in common; stress and/or anxiety that may come with the daily challenges. Emotional, mental, physical stress, and anxiety can put a toll on your body. The muscles of the body take the response and it can create other dysfunctions. Dealing with stress and anxiety can have a natural involuntary response to protect itself by tensing up our muscles. This can cause the muscles to become stiff and susceptible to myofascial trigger points and adhesions within the muscle. This can lead to physical pain and discomfort. Massage therapy helps to relax the muscles and decrease pain. The anxiety-reducing and mood-enhancing benefits of massage can help decrease levels of cortisol and help increase the activity of the parasympathetic nervous system, which helps to calm the body and brain during stress. If you have a disability or are a caretaker of someone with a disability, consider adding massage to help with your overall wellness!

Victoria McCracken, LMT



Learning to love...you!

Yoga



SPRING DETOXING WITH YOGA

The first day of spring is around the corner! As winter begins to fade away the sun starts to warm us up. We enjoy going outside more and start to become more active. Yet, we can often feel a little sluggish from the cold, dark months. It seems only natural for us to get rid of any excess in our lives. Many people do this by purging their belongings by re-organizing their house. Other people may find that a physical detox acts as a recharge and is helpful.

Detoxing is an important part of any balanced lifestyle and helps your body to get rid of harmful toxins and waste. However, a detox does not only have to include green juices and diet alone - if you want to give your system a proper clean why not incorporate some detoxifying yoga poses into your cleanse? The body eliminates waste through its circulatory system, digestive system, and lymphatic system. Through yoga, we can help the body eliminate impurities such as carbon dioxide, lactic acid, and lymphatic fluid, and allow oxygenated and nutrient-rich blood to flow to the organs.

Along with a healthy fresh food diet and plenty of water, yoga provides the perfect way to give your body an extra squeeze. You will feel brand shiny new if you get a little yoga in every day.

Twists

Twisting poses will help to squeeze the organs and will be the most beneficial to your detoxing practice. When we twist, our blood flow is going to the liver, gall bladder, stomach, spleen, and intestines. This allows fresh clean blood to enter your internal organs.

Backbends

Backbends will strengthen your back but will also create a little pressure on the abdomen which will encourage digestion and aid the elimination of waste.

Forward Bends

Forward bends will compress the belly and again stimulate digestion and aid elimination. Standing forward bends will reverse the pull of gravity and circulate fresh blood to the head and filter your lymph nodes.

Inversions

Last but not the least, delicious inversions drain lymph fluids from the legs and re-circulate through the body. This means the immune system will be working at its best. Inverting the body (going upside down) will stimulate your thyroid gland, which will in turn help boost your metabolism. Inversions will also soothe your nervous system, which can get so easily overworked.

Joelene Edmondson, RYT

New

ARE YOU READY TO SWEAT?

MixMove
FITNESS CLASSES

STARTING MARCH 1ST!
TUESDAYS 6:45PM-7:30PM

LOCATED AT THE JACKSON CENTER FIRE HALL

724.269.7222

ROCKCREEKWELLNESS.ORG

60 B Franklin Rd. Mercer PA 16137



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