



Mental Wellness

What if we trained our minds the same way we train our muscles?

What if we committed to practicing a mindfulness exercise for three sets of 12-15 reps? What if I told you that you don't even have to try that hard to practice mindfulness?

Let's make it even simpler; there's no membership fees or equipment necessary.

Below are some simple mindfulness exercises to throw into your day. The goal is to gain better control of your mind, instead of letting your mind control you. Give these a try!

- Notice the first two thoughts that enter your mind throughout your day
- Engage in prayer or practice being grateful
- Observe your thoughts and feelings prior to reaching for a beverage or food
- Scan your body: observe everything from your feet all the way to the crown of your head
- Do one thing at a time and fully immerse yourself into the activity

Clarissa Arbuckle, NCC, LPC

May is Mental Health Awareness Month!

Our mental health refers to how well we are able to cope with problems and participate in everyday life. EVERYONE has mental health, and being mentally healthy is just as important as being physically healthy!

A mental health disorder occurs when there is a significant change in the way we think, act, and/or manage our emotions that causes distress and interference with our daily lives. A person's mental well-being can be affected by many different factors both biologically and environmentally. Mental health problems are actually pretty common. 1 in 6 children have a mental health disorder, while 1 in 5 adults have been diagnosed with a mental health problem in their lives.

Mental health problems **can** be treated!

- Know the signs & symptoms
- Ask for help
- Spread awareness
- End the stigma

Krista Armstrong, MA, LPC

Learning to love...you!





Physical Fitness

May is Global Employee Health & Fitness Month, and it highlights health and fitness in the workplace.

We don't often think of improving health and fitness at work unless we're involved in a weight loss competition or another program in order to reduce insurance costs.

Let's think about our daily wellness needs in the office. One of the big-ticket items we hear as trainers are neck and back pain from sitting all day.

Cut down on work-related soreness by trying out some of the following stretches every 20-30 minutes of your day:

- Finger and wrist
- Behind the head chest stretch
- Back and side neck
- Across the body shoulder
- Lower back leg pull
- Standing quad

Katelyn Struthers, MS, NASM-CPT

References: National Association for Health and Fitness (2021). Global Employee Health & Fitness Month. Retrieved from: <https://www.gehfm.org/>

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Nutrition

We spend about 30% of our lives at work, and some days can be busier than others. From back-to-back meetings to a looming deadline, it can be tough to carve out time each day to eat a balanced meal, but it's not impossible!

Here are two ways to focus on eating nutrient-dense foods at work:

1. Packing your lunch takes the guesswork out of what to eat each day. It can help you avoid grabbing a fast-food meal or not eating at all.

Tip! Aim for lean protein, high fiber, carbohydrates, and healthy fats. An example of this would be a turkey and avocado sandwich on whole wheat bread.

2. Keeping snacks on hand such as fruit, nuts, and plain Greek yogurt can provide additional vitamins, minerals, protein, and calcium throughout the day.

In addition, don't forget to drink plenty of water and move your body throughout the day!

Alissa Kelly, NASM CPT, CNC

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Are you ready to take charge of your wellness?

If you would like to work with Katelyn to begin drawing a personal wellness blueprint, or want more information on Health & Wellness coaching, give us a call!



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