

Learning to love...you!

May is for Nurses and Moms

Nicole Warren, Licensed Massage Therapist

Attention Nurses!! See the calendar below for the **PROMOTIONAL** massage spaces that have been reserved just for you! In honor of Nurses' week in May we're proud to offer the following promotions:

FREE UPGRADE to a 60 minute massage (a \$60 value) when you purchase a half-hour treatment at \$40.00!

FREE UPGRADE to a 90 minute massage (an \$85 value) when you purchase an hour treatment at \$60.00

Call 724-269-7222 to claim- voicemails will be answered in the order received. Check hours of operation for best results. No online appointments will be considered for this promotion.

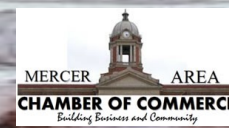
And let's not forget Mother's Day on May 12, 2019. Stop by to pick up a gift card for Mom with the same free upgrades available. Treat mom to rest and relaxation this Mother's Day!

2019 May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2:30p	2 8:30a	3	4
5	6 3:30p	7 11:15a	8 6:16p	9 10:15a	10	11
12	13 9:00a	14 4:30p	15 3:45p	16 9:45a	17	18
19	20 1:15p	21 2:45p	22 5:00p	23 11:30a	24	25
26	27 9:00a	28 4:00p	29 6:00p	30 8:30a	31	



Promotion covers only Relaxation and Pain Relief massages. Payment required at the time of booking. Free upgrade available **ONLY** on the days and times shown. No rain checks- no rescheduling- no cancellation fees. Cash value never expires. Only one promo per nurse. Proof of employment needed at the time of appointment. Open to RNs, BSNs, MSNs, LP/LVNs, CNAs, and DNPs.

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



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Why do we have emotions anyway

Krista Armstrong, Licensed Professional Counselor

Every person experiences emotions, and emotions, whether we like them or not, are normal and actually serve a purpose! Human beings are wired to have emotional responses for protection, motivation, and communication.

Imagine you're about to walk across the street and a car is coming; fear tells you to step back. On Christmas morning, excitement encourages you (or your kids) to get up at 5 o'clock in the morning. If you notice that your boss is angry, this tells you not to ask for a raise that day. If someone asks you to do something that makes you feel uncomfortable, you may decide not to do it. We need emotions! All emotions!

Emotions are not a sign of weakness-- they are natural responses to life's events. Pay attention to your feelings; notice what emotions come up for you throughout the day and let them help inform your decision-making.

May is Mental Health Month

This year marks Mental Health America's 70th year celebrating Mental Health Month!

In 2019 they are expanding upon last year's theme of #4Mind4Body and taking it to the next level, as they explore the topics of animal companionship, spirituality, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness.

For more information visit <http://www.mentalhealthamerica.net/4mind4body>

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THE EMOTIONAL CUP

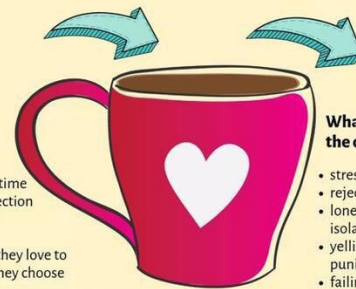
Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbility
Publisher of Therapy Resources

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