

## Mental Wellness



### **NATIONAL EMOTION WELLNESS AWARENESS MONTH**

Emotions can be all over the place seemingly creating chaos in our brains and life. Moving so fast like they are on caffeine--supercharged with 3 cups of sugar. In all actuality, emotions are not reality, they are a product of our thoughts, interpretations, assumptions, perceptions, etc. Emotion is the product of what we feed it and if we feed it too much, then emotion is going to be a beast! So what does this all mean and how do we stop feeding our emotional beast? How do we slow down and stop the "thought party" in our brain when it's already in full swing? How many times are we just "too busy" to slow down and emotionally check in on how we are feeling and listen to what our body is trying to tell us?

First of all—BREATHE-- not the small annoyed breath that we do before or after a good eye roll; but a deep breath in through your nose for 4 counts, fill up your belly with air for 5 counts, and breathe out through your mouth for 6 counts. Notice the differences in your shoulders and chest. Breathe in calm, breathe out chaos.....repeat..... Take a step back and emotionally check-in. Emotions are trying to talk to us and tell us about what is happening.

Continued...

## Mental Wellness

Continued...

The conversation may start off with making a face, rolling our eyes, sighing a little louder, huffing and puffing, feeling uncomfortable due to muscle tension, fidgeting with our hands, tapping our feet, crawling out of our skin, moving around and not being able to just sit, being "snarky", having negative thoughts, being overall in a foul mood, irritability, yelling at small things, headache, SHUT DOWN!

The brain-to-body conversation typically does not start with yelling, headaches, and complete shutdown, but those are the ones we notice most. Checking into the earlier signs of emotion, noticing emotion feeders (thoughts, assumptions, interpretations, perceptions, etc) just for what they are, and not holding onto them can help ward off a potential work-up and complete shutdown. It does not mean the stress, situation, and discomfort go away, however, when we are able to recognize the earlier signs, we can regulate emotions more efficiently without creating more unnecessary discomfort.

*Amy Amon, LPC*



Learning to love...you!

# Yoga

## AUTUMN SELF-CARE

Happy fall, everyone! Every year the transition from summer to fall always feels like it comes way too quickly, but I've really learned to embrace and truly celebrate the change in season over the last couple of years.

To me, fall represents a return to home and a return to ourselves. It's a time for us to reconnect, to start anew, to create, and to let go. As we start to slow down after the summer months, self-care is something that can help us to truly tune in with our needs, our creativity, and our deepest desires.

Here are 10 ways to celebrate the fall season while giving yourself the TLC you deserve in the process:

### Slow down

Create a cozy space for rest

Cook & bake seasonal foods

Spend time outside

Get a massage

Get creative

Write down what you want to let go of

Start a gratitude journal

Read a new book

Practice Yin yoga

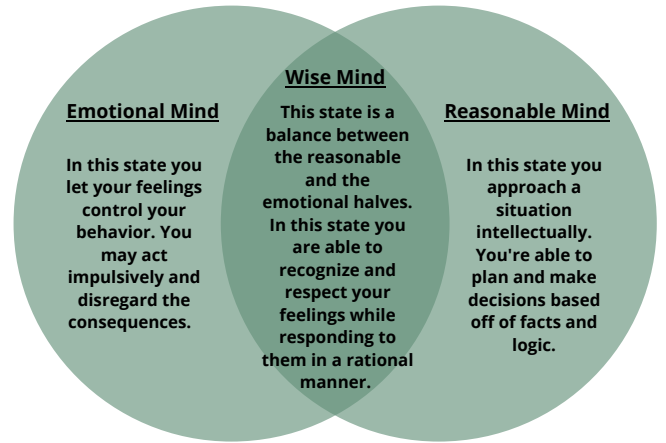
*Joelene Edmondson, RYT*



# Mental Wellness

## WHAT IS WISE MIND?

Wise Mind is a concept from Dialectical Behavior Therapy (DBT), first introduced by Dr. Marsha Linehan, psychologist, a researcher at Washington University, and the creator of DBT. Dr. Linehan labeled Wise Mind the frame of mind in which our logic and our emotions overlap, and in which both are taken into account. Accessing Wise Mind allows us to act with wisdom, clarity, and self-awareness.



*Kimberly Doyle, LCSW*

*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.**

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, OCTOBER 8TH

**WHERE:** DENNISON POINT OVERLOOK

**ACTIVITY:** HIKING

724.269.7222

ROCKCREEKWELLNESS.ORG

60 B Franklin Rd. Mercer PA 16137



Reader acknowledges that the information in this newsletter is provided "as is" and for general information only. It is not intended as medical advice and should not be relied upon as a substitute for professional consultation with a qualified healthcare provider familiar with your individual medical needs.