

Mental Wellness



SEPTEMBER IS SUICIDE AWARENESS MONTH

September is National Suicide Awareness Month. I wanted to help bring awareness by sharing helpful tips on what to do and what not to do when talking with a suicidal person.

Do:

Be yourself. Let the person know you care, that they are not alone. Finding the right words are not nearly as important as showing your concern.

Listen. Let your friend or loved one vent and unload their feelings. No matter how negative the conversation seems, the fact that it is taking place is a positive sign.

Be sympathetic and non-judgmental. The suicidal person is doing the right thing by talking about their feelings, no matter how difficult it may be to hear.

Offer hope. Reassure your loved one that help is available and that the suicidal feelings are temporary. Let the person know that their life is important to you.

Take the person seriously. If a suicidal person says things like, "I'm so depressed, I can't go on," ask if they're having thoughts of suicide. You're allowing them to share their pain with you, not putting ideas in their head.

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But don't:

Argue with the suicidal person. Avoid saying things like: "You have so much to live for," "Your suicide will hurt your family," or "Just snap out of it."

Act shocked, lecture on the value of life, or argue that suicide is wrong.

Promise confidentiality or be sworn to secrecy. A life is at stake and you may need to speak to a mental health professional in order to keep the suicidal person safe. If you promise to keep your discussions secret, you may have to break your word.

Offer ways to fix your loved one's problems, give advice, or make them feel like they have to justify their suicidal feelings. It is not about how bad the problem is, but how badly it's hurting your friend or loved one.

Blame yourself. You can't "fix" someone else's depression. Your friend or loved one's happiness, or lack thereof, is not your responsibility.

Source: Suicide Prevention - HelpGuide.org

Amy Amon, LPC



Learning to love...you!

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WHAT IS DIALECTICAL BEHAVIOR THERAPY (DBT)?

Dialectical Behavior Therapy is a behavioral-based talk therapy that focuses on finding balance and getting unstuck from extremes. The D in DBT stands for Dialectics, which means synthesizing or integrating opposite ideals, thoughts, or behaviors.

The goal of DBT is to find the truth in opposing forces to cultivate balance and acceptance of the world around us. Cultivating balance and acceptance decreases suffering and increases acceptance for ourselves and others.

Dialectical Behavior Therapy helps us learn to accept thoughts and feelings without judgment while letting go of fixating on our past and future so that we can be more present-focused. Focusing on the present gives us better control and regulation of our emotions, which results in better balance and improved relationships.

Marsha Linehan created DBT to provide an effective and empirically based treatment to treat clients who did not respond to other forms of therapy.

DBT has been shown to be successful with a wide range of conditions, including borderline personality disorder, anxiety, bulimia, PTSD, substance abuse, bipolar disorder, and other personality disorders and eating disorders.

Kimberly Doyle, LCSW



Yoga

HAPPY NATIONAL YOGA AWARENESS MONTH!

September brings many new changes - a new season, a new school year, and the start of many new roles and activities. New changes can be exciting, but also stressful. Yoga can be used as a wonderful stress reliever. Or maybe, yoga is one new change that you decide to implement in September for your well-being. National Yoga Awareness Month helps remind us that yoga can be a healthy addition to our lives.

Research has proved that Yoga may be beneficial for the following:

- Stress management*
- Lowering depression and/or anxiety levels*
- Improved sleep*
- Improved heart health*
- Improved sense of well-being*

Ready to reap the benefits of yoga? Book a yoga class and give it a try this month!

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.**

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, SEPTEMBER 10TH
WHERE: BEAN'S TRAILHEAD: FROM MEADVILLE, RT. 322 W, IN 1/2 MILE PARKING BEFORE HOME DEPOT.
ACTIVITY: BICYCLE RIDE

724.269.7222

ROCKCREEKWELLNESS.ORG

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