

April 2024

Newsletter



Mental Wellness

DEARMAN SKILL

Interpersonal effectiveness is a model we teach to help express those emotions that we have learned how to acknowledge and manage. DEARMAN is a great acronym to use when trying to express difficult emotions to others.

- **Describe** the current situation and stick to the facts. Many times we want to justify why we feel the way we do. Keep it simple!
- **Express** your feelings pertaining to the situation. In other words—USE YOUR WORDS. Unfortunately, others cannot read our minds.
- **Assert** yourself by being clear about what you want. “Hinting” about what you want may not get the results you are looking for.
- **Reinforce** the benefits of being heard or the potential consequences of not being heard.

- **Mindful** remain true to your goal and do not get distracted especially if the other person is attacking you. Don't get off the topic and just keep making your point.
- **Appear** confident. Make sure your body language is supporting your words. Be mindful of your body posture, tone, eye contact, and volume of your message.
- **Negotiate** be willing to give to get and focus on what is going to be effective.

Amy Amon, LPC



Join our private Facebook group! A place to learn, share, and encourage the practice of mindfulness, Yin yoga, and DBT skills!



Welcome to the
**Rock Creek Wellness
Community**

DBT • Mindfulness • Yin Yoga

Learning to love...you!



Yin Yoga

WHY USE A BOLSTER IN YIN YOGA?

Yin yoga complements yang or active yoga practices because it has a slower pace and the postures are held for longer periods, typically 3-5 minutes. The sustained stretches target the deeper connective tissues—the fascia, ligaments, and tendons—that the muscles protect. Whereas yang yoga builds heat and muscular strength, yin yoga is a passive practice that relies on gravity and time to improve joint mobility and flexibility.

In yin yoga, props like bolsters allow the body to sink into a pose gradually. Muscular effort is minimized. The props support the body so it can relax into stressed positions safely. This facilitates the release of fascia and stress while improving circulation in the joints. The bolster also enables you to hold challenging yin postures longer, intensifying their benefits.

There are several advantages to incorporating a bolster into your yin practice:

- **Supports the body in passive stretches.** Bolsters enable you to completely relax in yin postures by providing support. You can surrender muscular effort and sink deeper into the pose.
- **Allows for deeper stretching.** With the bolster's support, you can safely hold yin poses longer without overexerting. This enhances the stretch and stress on connective tissues.
- **Prevents injury.** Bolsters provide cushioning that protects joints and prevents overstretching. They can support vulnerable areas like the lower back.

- **Enhances relaxation.** Bolsters provide a comfortable surface to rest on. This invites deeper surrender and calm.
- **Elevates areas of tension.** Placing a bolster under a tight area of the body allows gravity to target the tension. Elevating areas like the sacrum releases back tension.
- **Brings grounding energy.** The soft, yielding surface of the bolster encourages a grounded, heavy sensation. This stimulates the parasympathetic nervous system.

Joelene Edmondson RYT, CMC

Learning To Love...
YOU CREW!
ADVENTURE
Spring Hike
BIG BEND TRAILHEAD
TOWPATH TRAIL
SATURDAY, APRIL 13TH
9:30 - 10:30 AM

724.269.7222

ROCKCREEKWELLNESS.ORG

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