

# September, 2025 Newsletter



## Mental Wellness

### OPPOSITE TO EMOTION

Has there ever been a time when your emotional response did not fit the facts?

Many times, I ask my clients if they had a level 10 emotion for a level 2 situation. On many occasions, emotion does not fit the situation. When an emotion is recognized, such as the emotion sadness, for example, the urge may be to isolate, listen to sad music, or self-harm, which typically does not make the situation better in the long run.

Opposite to emotion, skill can help balance the emotion out by acknowledging the emotion; however, responding to it opposite of what the urge is. In this example, rather than isolating, self-harming, or listening to sad music, the opposite response would be to be around people or listen to something more upbeat. Now, I realize that sometimes when feeling sad, you don't want to be around people to talk, BUT you can still go to a park or a store and be "around" others until you are ready to interact with others.

Amy Amon, LPC



FOR THE MONTH  
OF SEPTEMBER

Book a yoga class and get  
one FREE!  
OR

Join our online Mindful  
Movement membership and  
get the second month FREE!



**\*Must be a new student for special offers**



Download our app and easily book your classes and join our memberships!

[ROCKCREEKWELLNESS.ORG](https://rockcreekwellness.org)

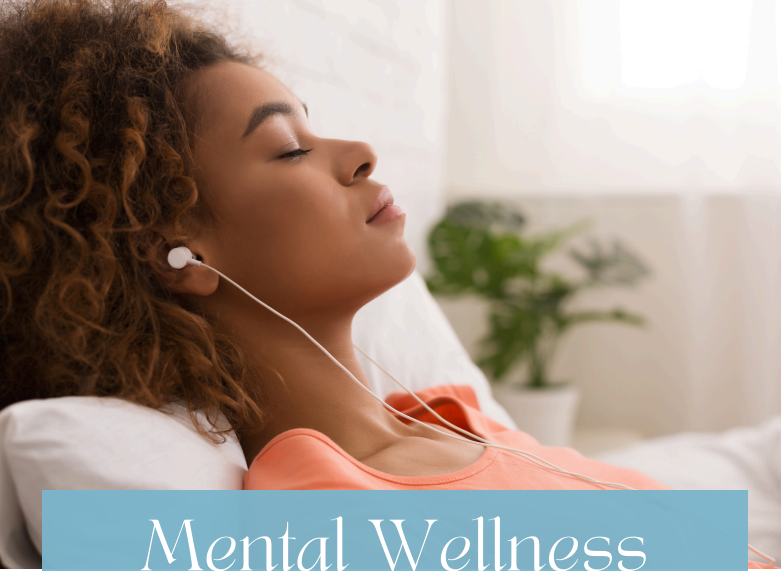


Rock Creek Wellness provides a  
convenient online membership  
for your DBT skills training-

**Rock Creek Wellness Online!**



Learning to love...you!



## Mental Wellness

### PROBLEM-SOLVING

In life, when problems arise, we generally have four options:

1. Solve the problem.
2. Learn to tolerate the problem.
3. Regulate our emotions and response to the problem.
4. Do nothing and remain miserable.

Problem-solving is a critical life skill, but it is not always straightforward. Common difficulties I see in therapy include trying to “problem-solve emotions” rather than addressing the actual issue, or attempting to solve a problem that simply cannot be solved. For problem-solving to be effective, the problem must first be clearly defined and realistically solvable.

Identifying the right problem is essential. For example, during the pandemic, some people struggled because store shelves were empty. If someone suggested spending time with friends to fix this, it wouldn't have helped—because that wasn't the actual problem. The first step is always to pinpoint the true source of distress.

Once the problem is identified, the next step is to brainstorm all possible solutions. Write down every idea, even the ones that seem unrealistic at first. This helps prevent shutting down creativity too soon and ensures a wide range of options to consider.

After brainstorming, choose the solution most likely to work and put it into action. Follow-through is crucial—without implementation, nothing changes. If the first solution doesn't work, revisit the list of alternatives and try another. Problem-solving is an active, flexible process that often requires persistence and adjustment.

Stefanie Montgomery, LPC

Learning To Love...  
**YOU CREW!**  
ADVENTURE

**Late Summer  
Mindfulness Hike**

**AT MUNNEL RUN FARM**

**SATURDAY, SEPTEMBER 13TH**

**9:30 - 10:30 AM**

Head over to our Facebook events page for more information!