



RFC WELLNESS NEWSLETTER

Health
is being GRATEFUL

ALL PREVIOUS MONTHS OF THE RFC WELLNESS
NEWSLETTER ARE AVAILABLE ONLINE: [HERE](#)

November is ...

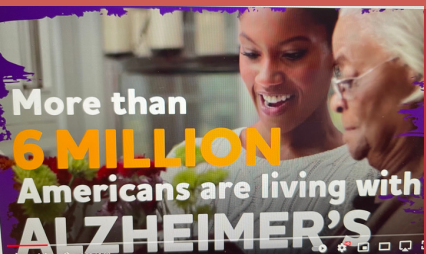
National Gratitude Month*

Link [*HERE](#)

Alzheimer's Awareness Month*

Link [*HERE](#)

*Watch Here

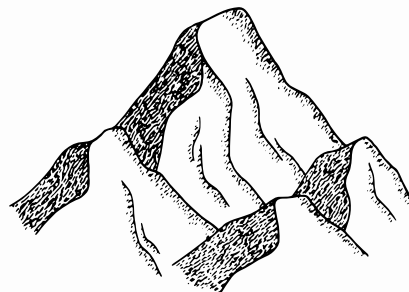


Pose of the Month Mountain

Pose

Step by Step

- Stand with both feet parallel hip width distance apart.
- Spread your toes wide apart and press into the floor.
- Either bring your arms to the side, palms facing forward OR bring arms up over your head palms touching.
- Keep your shoulders away from your ears and relaxed.
- Close your eyes, look forward or look up towards the sky.
- Take 5-10 breaths.



What is Mountain Pose?

- This pose is a powerful pose that kindles gratitude by opening your heart.

How does Child's Pose work?

- This pose tests your focus and concentration since you will stand very still.

What are some benefits of the Child's Pose?

- Improves your posture
- Strengthens thighs, knees, and ankles.
- Relieves sciatica and reduces fat feet.
- .

Yoga Journal Article - [HERE](#)

Video Tutorial w/ Adriene - [HERE](#)

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Mindfulness Exercise of the Month

Creating a Gratitude Jar

What is a gratitude jar?

A gratitude jar can be a jar or a box filled with little notes that you write about things that you are grateful for.

How does it work?

Creating a gratitude jar can have profound effects on your wellbeing and outlook on life by focusing on things you are thankful for.

What are the benefits?

- a) Increase feelings of happiness and positive mood
- b) Fosters hope for the future
- c) Increase resilience

Step by Step:

- 1) Find a jar or a box.
- 2) Decorate the jar however you wish. (Put stickers, tie a ribbon on it, put glitter glue, paint it or whatever else you may think of to make it look nice.)
- 3) Every day, on a piece of paper, you will write down three things that you were grateful for that day and put it in the jar. (e.g. I got to have breakfast with my family, my mom told me she loves me, my friend send me a message and checked in with me.)
- 4) Over time your jar will fill up.
- 5) Finally, when you have a day where you feel down or need something to make you feel better, take a few notes out of the jar and read them to yourself. You will have many reasons to be thankful for and enjoy life you are living.



Link to Gratitude Article [HERE](#)

Link to Video Tutorial [HERE](#)

11 Questions

Getting to know the people at RFC a little bit more...
Why 11? Because 10 was not enough!



Interview with:

Heather Edmonds, LMFT
Clinical Supervisor

1. What's the hardest part about working virtually for you? What's the best part?

"Thankfully it hasn't been too difficult to transition to remote work, so I can't think of anything that's been tough so far. The best part would definitely be my new commute time. From the bed to my laptop is maybe 30 seconds vs the numerous hours I spent on the road everyday. It was insane how much time I was spending in the car! Plus, I get to work with my dog Iggy Pop Jr. by my side, so that's awesome!"

2. Are you an early bird or night owl?

"For the most part, I'm an early bird. I like watching the world come alive in the morning, especially if I'm surfing before work. But there are definitely times when I'm a night owl too and I tend to work a lot late at night. I guess it depends on the day."

3. What is your favorite self-care activity?

"Surfing for sure. There's something about the water that is so magical whether it's a good surf day or not. It just feels like it wipes the slate clean and you come out of the water ready to go again. But I also really enjoy yoga, walking my dog to clear my head and reading. Before the pandemic I would also get massages regularly, so that will be nice to start again."

4. What is your most-used emoji?

"Definitely the crying laughing emoji. I'm always laughing about something!" 😂

5. What is your favorite holiday?

"I love all the holidays because it's a time to see and hang out with my family. Those moments are just so precious to me."

6. What's the best piece of advice you've ever been given?

"Only you can make yourself happy! I think so often we get caught up in seeking our happiness from other people or material things, but it's really something that has to come from within yourself."

7. What is the thing about working at RFC that you like the best?

"Being able to watch your clients grow and conquer whatever has brought them to the agency. I still have clients that I saw several years ago who reach out regularly to let me know how they are doing. I also enjoy working with and learning from our clinical staff. If it wasn't for Juliette bringing me in and inspiring me all those years ago, I feel like I would have missed out on so much in my clinical career."

8. Does your current car have a name? If so, what is it?

"She sure does...DAISY!!!! She's an amazing mango yellow VW Beetle and she is 21 years old! I have been on so many amazing adventures with her and plan to have many more. She's definitely part of the family ;)"

9. What was your least favorite food as a child? Do you still hate it, or do you love it now?

"I'm not sure what they are called, but it's when you wrap a hot dog in a croissant and then bake it. I got really sick one time eating it as a kid and to this day, I can't stomach seeing those. YUCK!"

10. What was the last great movie you saw? Why would you recommend it?

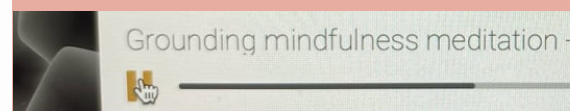
"I'm a huge Hallmark Channel fan, so I would say any of their movies. With all that goes on in the world today, it's just a nice 2 hours with a positive ending!"

11. What is your favorite dessert?

"I'm an equal opportunity dessert eater, so I'm open to all desserts!!!! Actually flan kind of freaks me out, so anything but flan!"

RFC Library Pick

**Grounding Mindfulness Meditation with
Juliette Horwitz, AMFT**



***Want to listen to this amazing audio?
Head to the Richstone web site and find
the Resource Library page under the
Programs heading tab.**

ONE TO WATCH



- The Science of Gratitude | Christina Costa -

Watch Free: [HERE](#)



Healthy Habit

NO Screens before Bedtime



Research has found that screentime just before going to bed has a negative impact on the quality of your sleep. Studies have found that watching TV, being on the computer, phone or tablet just before bedtime will keep you psychologically engaged which will make it harder to fall asleep. Additionally, the blue light from the screens suppresses melatonin which helps controlling your sleep wake cycle. That said, when you have decreased levels of melatonin you may experience insomnia, tiredness during the day and irritability. Research suggests to cut off any screen time at least **30 minutes** before bed time but ideally **one hour!**

So what to do instead?

Instead of using our phone, computer or TV just before bedtime why don't we try some of these alternatives and see if we notice a difference!?

- Read an actual book or magazine
- Have a conversation with a loved one
- Journal or write notes for your gratitude jar:-)
- Plan your next day
- Reflect on your day

Article on "Screens before bed" - [HERE](#)
No Screen before bed Video - [HERE](#)

TED

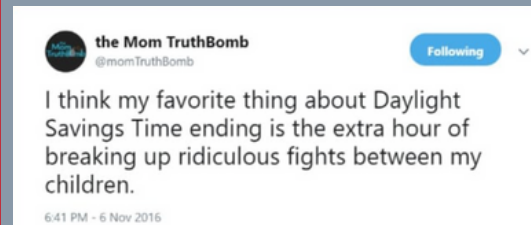
Ideas Worth Spreading

Giving Unexpected Gratitude to Those Who Need It Most | Ryan Duffy



Watch [HERE](#)

"Tweety" Read



"What You Need to Know About the History of Daylight Savings"

NPR Article - [HERE](#)



Free Group Therapy on FORGIVENESS

BY: Mavi Martin, MFTT

The forgiveness group is a free support group for adults of all ages who want to deepen their understanding of the concept of forgiveness. The curriculum includes discussions on myths and stereotypes about forgiveness, information on the 3 types of forgiveness, and psychoeducation on the 4 phases of forgiveness. With this knowledge, members can learn that forgiveness may free them from resentment, anger, or hatred towards the self or others, and members may learn to move towards the path of self-empowerment.



We Heart Kids!

Kids Club with Wild Child

Gym

Nov. 23rd @ 11AM

Info & Link -

[HERE](#)

Quote of Note

THE THANKFUL HEART OPENS
OUR EYES TO A MULTITUDE OF
BLESSINGS THAT
CONTINUALLY SURROUND US.

James E. Faust





RFC Current Groups

Please call Citlali at (310) 970-1921 ext. 101 to sign up.

Parenting/Crianza - [online/virtuales]

- Parenting class (\$15/class) - MONDAY @ 6-7 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - TUESDAY @ 7-8 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - THURSDAY @ 7-8 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - SATURDAY @ 12-1 pm (18 week curriculum) [online]
- Clase para padres (\$15/clase) - MARTES @ 6-7 pm (Clase por 18 semanas) [virtuales]
- Clase para padres (\$15/clase) - MIÉRCOLES @ 5-6 pm (Clase por 18 semanas) [virtuales]

Domestic violence/Grupo de apoyo y educación para sobrevivientes de violencia domestica [online/virtuales]

- Domestic violence class for perpetrators ages 18+ (\$18/class) - WEDNESDAY @ 5-6 pm (26 or 52 week curriculum) [online]
- Domestic violence class for perpetrators ages 18+ (\$18/class) - SATURDAY @ 9-10 am (26 or 52 week curriculum) [online]
- Clase de violencia domestica para agresores (\$18/clase) - MIÉRCOLES @ 6-7 pm Clase por 26 o 52 semanas [virtuales]
- Clase de violencia domestica para agresores (\$18/clase) - SÁBADO @ 10-11 am (Clase por 26 o 52 semanas) [virtuales]
- Psychoeducation & support group for intimate partner violence (\$5/class) - MONDAY @ 5-6 pm (15 week curriculum) [online]
- Grupo de apoyo y educación para sobre vivientes de violencia domestica (\$5/clase) - JUEVES @ 6-7 pm (Clase por 15 semanas) [virtuales]

Anger management/Manejo de la ira [online/virtuales]

- Anger management class for 18+ (\$18/class) - TUESDAY @ 6-7 pm (15 week curriculum) [online]
- Anger management class for 18+ (\$18/class) - THURSDAY @ 7-8 pm (15 week curriculum) [online]
- Manejo de la ira para adultos 18+ (\$18/clase) - MARTES @ 7-8 pm (Clase por 15 semanas) [virtuales]

Health & wellness/Alud & bienestar [online/virtuales]

- Stress Management - FREE - THURSDAY @ 6-7 pm [online]
- Grief Group - 18+ FREE - MONDAY @ 7-8 pm [online]
- Grief Group in Spanish -18+ FREE-Thursdays,10-11am

Children & adolescents/Niños & adolescentes [online/virtuales]

- Adolescent anger management for ages 13-17 FREE - WEDNESDAY @ 5-6 pm (15 week curriculum) [online]
- Teen talk for ages 14-17 (FREE) - THURSDAY @ 4-5 pm [online]
- Teen grief group for ages 13-17 - FREE - THURSDAY @ 4-5 pm [online]
- Baby & Me/Bebé y yo - All Guardians - FREE - FRIDAY @ 11 am [online]

NEW: Co-Parenting in Spanish for Ages 18+

Saturdays, 9-10 AM

Call Citlali (our awesome receptionist) to grab a spot!

Resources

- **Food Bank Locator Website - [HERE](#)**
- **American Veteran Inc.**
351 East Temple St. Los Angeles, CA 90012
Tel: 909-534-5953
(Hrs: Mon-Fri 9AM to 3PM)
- **Open Door Skidrow Ministries**
419 E. 6th St. Los Angeles, CA 90014
Tel 661-208-2143
(Hrs: Sun 4-6PM & Fri 7-9PM)
- **LA County COVID-19 NEWS**
[CLICK HERE](#)
- **LA COUNTY Free HEADSPACE Access**
Headspace is a Meditation and Mindfulness App
[CLICK HERE](#)

Hot Lines

National Suicide Prevention Lifeline

1-800-273-TALK (8255) or

[Live Online Chat](#)

Teen Line - Online

Teens talking to teens

Call: 310-855-HOPE (4673)

Veterans Crisis Line,

Call 1-800-273-8255 and Press 1

Text 838255, [Chat online](#)

Los Angeles LGBT Center

Center South

Tel: 323-860-3799



Department of Children and Family Services

Child Protection Hotline

800-540-4000