



RFC WELLNESS NEWSLETTER

Health is for All ages!

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

By Cleandra Martin Waldron, AMFT

April is ...

National Child Abuse Prevention Month - Link [*HERE](#)

World Autism Awareness Day, 4/2* - Link [*HERE](#)

***Watch
Here**



Pose of the Month *Pyramid Pose*

Stretch & Quiet Your Mind Step by Step Instructions

1. What is Pyramid Pose?
 - a. This pose is a deep stretch for the legs and helps send blood to the brain..
2. How does the Pyramid (Parsvotanasana) Pose work?
 - a. This pose stretches and strengthens the legs and shoulders.
 - b. Bending forward helps send blood to the brain.
3. What are the benefits of Pyramid Pose?
 - a. There are many benefits to Pyramid Pose, including:
 - i. Calm the brain
 - ii. Stretch the back
 - iii. Strengthen the legs and back
 - iv. Improve posture
 - v. Aid digestion

1. From a standing position, place one foot in front to create a triangle, like you are walking forward.
2. Depending on your flexibility, straighten your legs or you can have the front knee bent.
3. Lift your stomach and chest up.
4. Put both hands on your hips or you can use a chair to help keep you balanced if needed.
5. Take a big breath to stretch your back.
6. As you breathe out, slowly fold your chest and head down towards your leg that is in front. It is OK to let your back curve a little bit if it is not fully straight.
7. Move your hands from your hips, bring them to the outside of your feet, and place them on the floor to keep you stable. If your hands do not reach the floor, you can use blocks, books, or a chair to make the distance from the floor and your hands shorter.
8. As you breathe, this will stretch your spine and send the blood in your body to your brain. Stay for two to five breaths.
9. When finished, bring your hands back to your hips and slowly lift your head and back so they are straight up.
10. From here, you can bring the leg from the front and your back leg together to stand.
11. To keep the body in balance, repeat on the other side.

By: Hayden Hunter, MFT

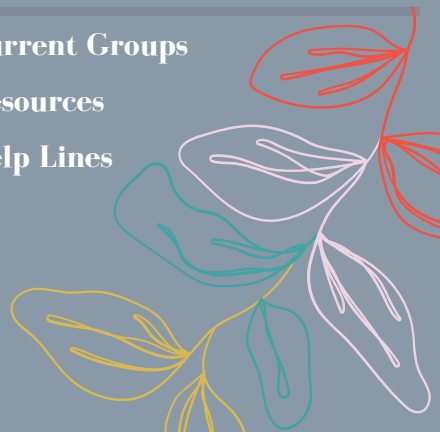
**Watch
Example
Here**



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11 Questions

Interview with:

Dulce Gonzalez

PAT Program Manager

Getting to know the people at RFC a little bit more...

Why 11? Because 10 was not enough!

Relaxation Exercise

of the Month

PMR

(Progressive Muscle Relaxation)

CBT Relaxation Technique -

Script - [HERE](#)

- Sit or lay down in a safe, comfortable space.
- Sit with your back to the wall or chair and make sure you feel safe and supported by the floor or chair underneath you.
- Either close your eyes or let the focus of your vision become "soft" as you stare at something in front of you.
- Breathe in and out and listen to the sound of your breath.
- Breathe in and pause. Breathe out and pause again.
- Bring your attention to your feet and toes. The next time you breathe in, scrunch your toes tightly. Hold the scrunch while you pause at the top of your breath. Exhale, relax, unscrunch your toes, and pause before you breathe in again.
- Focus on your thighs and "seat." The next time you breathe in, contract your thighs and seat tightly. Hold them tight while you pause at the top of your breath. Exhale, relax, your thighs and seat, and pause before you breathe in again.
- Repeat with contracting your shoulders.
- Repeat with scrunching your face.
- Breathe in and out and teach your body what it feels like to relax the muscles and encourage the mind to "relax" as well. ***Try for 5 mins each day.

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

"The hardest part about working virtually is not seeing my coworkers every day. The best part is being able to wear loungewear and not having to get ready every day (unless I have virtual meetings)."

2. Are you an early bird or night owl?

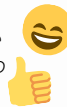
"I am an early bird! I wake up every day at 4:30 am and start my day with a workout."

3. What is your favorite self-care activity?

"My favorite self-care activity is working out."

4. What is your most-used emoji?

"My most used emoji is either the laughing emoji or the thumbs-up emoji."



5. What is your favorite holiday?

"My favorite holiday is Christmas. I love spending time with my family and opening presents together. This is also the only time my grandma makes tamales."

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

"You shouldn't be afraid to fail if you were blessed with an opportunity to try."

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

"The people! Everyone I work with has been kind, welcoming, and supportive."

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

"Yes, my car's name is Cliff. I named my car after the character on Doom Patrol."

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

"My least favorite food as a child was chili, and even now, I still don't like it."

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

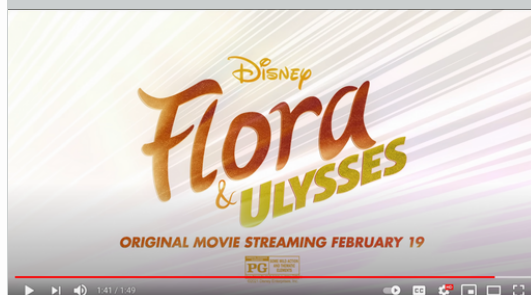
"The last great movie I saw was The Shape of Water, I have always been a fan of Guillermo del Toro. If you haven't seen it, I definitely recommend adding this movie to your list."

11. What is your favorite dessert?

"Love donuts! Especially if they are raspberry-filled or even just the plain sugar ones."



ONE TO WATCH



Flora & Ulysses

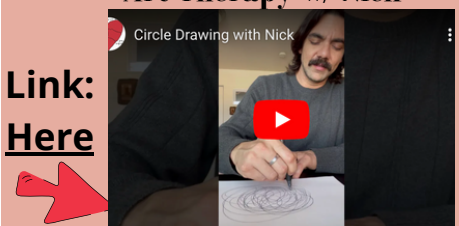
Trailer: [HERE](#)

Recommended by:
Z.W.

RFC Library Pick

Art Therapy w/ Nick

**Link:
[Here](#)**



**Want to watch this amazing video?
Text or Email - Oscar "RFC LIBRARY PW"
To receive the log-in password to the
new "RFC Resource Library!"**

BTW!!! ZUMBA (Virtual) IS BACK

Fridays 5-6pm

Call Oscar today to grab a spot



Healthy Habit

Healthy Posture

Research says "Good posture is about more than standing (sitting) up straight so you can look your best. It is an important part of your long-term health. Making sure that you hold your body the right way, whether you are moving or still, can prevent pain, injuries, and other health problems." Article - [HERE](#)

"Posture is not only about how well you sit, but how well you move and go about your daily life," says [Dr. George Salem](#), an NIH-funded researcher at the University of Southern California who studies how movement affects health and quality of life.

How to improve posture when sitting?

Many Americans spend a lot of their time sitting - either at work, at school, or at home. It is important to sit properly, and to take frequent breaks:

- **Switch sitting positions** often
- **Take brief walks** around your office or home
- **Gently stretch your muscles** every so often to help relieve muscle tension
- **Don't cross your legs;** keep your feet on the floor, with your ankles in front of your knees
- **Make sure that your feet touch the floor,** or if that's not possible, use a footrest
- **Relax your shoulders;** they should not be rounded or pulled backwards
- **Keep your elbows in close to your body.** They should be bent between 90 and 120 degrees.
- **Make sure that your back is fully supported.** Use a back pillow or other back support if your chair does not have a backrest that can support your lower back's curve.
- **Make sure that your thighs and hips are supported.** You should have a well-padded seat, and your thighs and hips should be parallel to the floor. Article - [HERE](#)

TRY THIS TODAY!

"4 ways to turn good posture into less back pain." - [HERE](#)

TED

Ideas Worth Spreading

How childhood trauma affects health across a lifetime | Nadine Burke Harris



"Tweety" Bunny



"The most interesting people you'll find are ones that don't fit into your average cardboard box. They'll make what they need.. They'll make their own boxes."
-Dr. Temple Grandin

What is CBT Therapy?

Have you heard your therapist say, "This is a CBT technique" or maybe "I'm a CBT Therapist?" But what is CBT? CBT stands for Cognitive Behavioral Therapy. Cognitive Behavioral Therapy is a model/type of therapy that uses thoughts (also called cognitions) and actions (also called behaviors) to recognize and change/adapt personal patterns. Dr. Aaron Beck and his daughter Dr. Judith Beck founded an institute in PA called the Beck Institute - learn more - [HERE](#).

"This simple idea is that our unique patterns of thinking, feeling, and behaving are significant factors in our experiences, both good and bad. Since these patterns have such a significant impact on our experiences, it follows that altering these patterns can change our experiences" (Martin, 2016)

American Psychological Association CBT Article available [HERE](#)

TRY THIS: Step-by-Step CBT "How To Use CBT Thought Records To Change The Way You Feel" - [HERE](#)

We Heart Kids!

TACO NIGHT!

Kids Cooking Show
w/ Zoe.

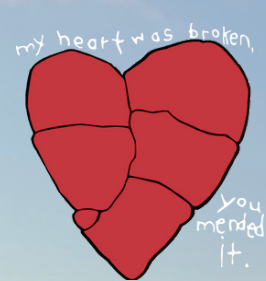
Video Link

[HERE](#)

Quote of Note

"Twenty years of medical research has shown that childhood adversity literally gets under our skin, changing people in ways that can endure in their bodies for decades. It can tip a child's developmental trajectory and affect physiology. It can trigger chronic inflammation and hormonal changes that can last a lifetime. It can alter the way DNA is read and how cells replicate, and it can dramatically increase the risk for heart disease, stroke, cancer, diabetes—even Alzheimer's."

— Nadine Burke Harris, *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*



RFC Current Groups

Please call Oscar 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) - TUE @ 6-7 pm (15 week curriculum) [online]
- Anger management class for 18+ (\$18/class) - THUR @ 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 - MON @ 7-8pm [online]
- Baby & Me/Bebé y yo - All Guardians - FREE Fri @ 11am [online]

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

- Adolescent Anger Management for ages 13-17 yrs (FREE) - WED @ 5-6pm (15 week curriculum) [online]
- Teen Talk for ages 14-17 (FREE) - THUR @ 4-5 pm [online]

Resources

- **Food Bank Locator Website - [HERE](#)**
- **American Veteran Inc.**
351 East Temple Street 90012 Los Angeles CA
Tel: 909-534-5953
Hrs: Mon-Fri 9AM to 3PM
- **Open Door Skidrow Ministries**
419 E. 6th Street 90014 Los Angeles CA
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

Call: 800-273-TALK (8255)

Live Online Chat

Teen Line - Online

Teens talking to teens

Call: 310-855-HOPE (4673)

Text: TEEN to 839863

Veterans Crisis Line

Call: 1-800-273-8255 and Press 1

Text 838255, Chat online

Los Angeles LGBT Center

Center South

Call: 323-860-3799



Department of Children and Family Services

Child Protection Hotline

Call: 800-540-4000