



RFC WELLNESS NEWSLETTER

Health is for Bodies & Minds

By Cleandra Martin Waldron, MFTT

February is ...

***Black History Month -**

[Link HERE: LA TIMES "18 ways to honor Black History Month around L.A."](#)

***National Teen Violence Awareness Month**

[Link HERE: Healthy Relationships](#) & [Link HERE: YOUTH.GOV](#)

Pose of the Month -

"Superhero" Standing Pose

Power Posing - 2 minutes is all you need!

Step by Step:

1. Stand on the floor with your feet hip-distance apart. (Alternatively, sit on a chair)
2. Feel your feet on the floor and make sure to feel steady on the ground.
3. Do not lock your knees.
4. Discontinue pose if you feel pain in your lower back or neck.
5. Place your hands on your hips and take your elbows out wide.
6. Open your shoulders and chest and lift your chin slightly up.
7. Breath in and out.
8. Draw your elbows back behind you.
9. Hold the position and breath naturally for 2-5 minutes.

Now you are ready to save the world!
(Or go to work!)

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1. What is power posing (aka - "Postural Feedback?")

- a. Power posing, also called "postural feedback" is: Basically, "Striking a pose." This version uses standing or sitting up straight and tall with a wide-open chest for 120 seconds. Holding this broad posture has been shown to increase feelings of well-being and increase your overall sense of feeling powerful.
- b. Test it out. Think about how you feel when you are sad and "slumped" over versus happy and about to open your arms for a giant hug.

2. Where did power posing come from?

- a. The label "Power Posing" was used by AMY CUDY, PHD in her Ted Talk from 2012 (Watch [HERE](#)) discussing her research findings. Her research caused a lot of controversy and claims that her findings were not true!
- b. However, Amy fought back and proved again in 2018 using 55 research studies that power posing works!

3. Who can do it?

- a. Everyone! Try it at home or in the bathroom. Great with kids as well. Great for after all those Zoom meetings to open the chest and take on the world..





Breathing Exercise of the Month

-Balloon Breathing -

- Sit or lay down in a safe comfortable space. (This can be sitting in a car or on a park bench.)
- Feel the outer edges of your body. - notice the top of your head and the tips of your fingers and toes.
- Breathe in and notice the air filling your lungs.
- Breathe out and notice your lungs pushing the air out.
- Imagine that your body is a big body-shaped ballon - Like a balloon animal in the shape of you.
- You can place your hands on your belly and notice that your belly goes out when you breathe in and back/down when you breathe out.
- Imagine that your whole ballon-shaped-you gets bigger on your inhales and smaller on the exhales.
- Set your timer for 1-5 minutes and just breathe in and out like this.
- If thoughts pop into your mind let them go out on the next exhale.
- Letting the thoughts go again and again.
- Repeat 1-3x per day or whenever you feel like you need to relax or want a vacation

11 Questions

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



Interview with:

Oscar Juarez
Reception

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

"The hardest part of working virtually is not being able to have the proper office setting without having the little ones running around while trying to hold a conversation with clients. The best part for me is not having to spend so much money on gas."

2. Are you an early bird or night owl?

"Since my Insomnia has been really horrible during the pandemic, I have to say a night owl."

3. What is your favorite self-care activity?

"My favorite self-care activity would either be surfing, swimming, hiking, or anything involving the outdoors."

4. What is your most-used emoji?

"The emoji I use the most would either be the palm tree or the cup of coffee."

5. What is your favorite Holiday?

"I think my favorite holiday would be Christmas. I love seeing the faces my nieces make when struggling to unwrap their gifts. Brings that "kool-aid" smile to my face."

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

"I've received so much great advice in the past, but I think the one that sticks out to me the most is one given to me by an old EMT partner of mine. "If you're on time, you're late. If you're early, you're great!". This is something I now live by."

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

"One of the best things I absolutely love about working at RFC is knowing the impact we all have on the lives of our clients. It definitely brings joy to me."

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

"My truck's current name is Jessabelle."

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

"Growing up, I would hate eating avocado and cactus. Now, I can't live without them!"

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

"Unfortunately, I haven't seen any great movies yet, maybe readers can help me choose one."

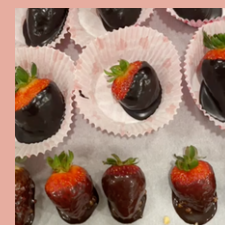
11. What is your favorite dessert?

"I'm not the biggest dessert guy, but I like chocolate brownies."

COOKING CORNER

Valentine's Day Dessert How-To Video by
Christine M. Gutierrez, AMFT

Click
HERE



Or
Here



Want to watch this amazing video?
Text or Email - Oscar "RFC LIBRARY PW"
To receive the login Password to the
new - "RFC Resource Library!"





Healthy Habit

- Sleep is for... Humans?

Research says "Sleep is an important part of your daily routine - **Quality sleep** - and getting enough of it at the right times is as essential to survival as food and water. Without sleep you can't learn and create new memories, and it's harder to concentrate."

In an article (available [HERE](#)) they stated: "Everyone needs sleep, but its biological purpose remains a mystery." Wow, I didn't know that! Did you?

But how much Sleep do we REALLY need?

[The Mayo Clinic](#) recommends that **Adults:**

- **"Get at least 7-9 hours of quality rest each night..."**
- **"Kids need 9.5 - 18 hrs depending on their age (12+ hrs is for Babies)."**

7-9 hours?! Every night?! Well, that's something to try for! Look [HERE](#) for some very **helpful tips and tricks** to get better sleep more often.



TED

Ideas Worth Spreading

Amandra Gorman 2018 - "Using Your Voice is a Political Choice"



"Tweety" Love



"You are so much loved"
- Dutchess, Accountant

Compassion Passion

"Compassion research is at a tipping point: Overwhelming evidence suggests compassion is good for our health and good for the world." - article by Emma Seppala titled *Compassionate Mind, Healthy Body*. -

Full article available [HERE](#)

Compassion for others can feel hard, especially when we are feeling down or stressed...However, SELF-COMPASSION can sometimes feel impossible. . .

Try THIS:

Imagine yourself as a little kid. Maybe 2 or 3 years old. Imagine that "little you" feeling sad or scared. Maybe it is easier to find compassion for that "little-you." (Also, if you have a special pet in your life, that can work too.) Feel that little "softness" in your chest and breathe it into your "big-person chest" This is what compassion for yourself feels like. You are amazing! Life can be really hard, but here you are reading this newsletter in the middle of your busy life! That is incredible! Thank you for taking the time to do this important practice of "compassion for self."

We Heart Kids!

Can Kids Change The World? | Black History

Month For Kids -

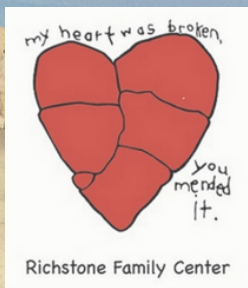
Video Link

[HERE](#)

Quote of Note

"Life is brutal. But it's also beautiful. Brutiful, I call it. Life's brutal and beautiful are woven together so tightly that they can't be separated. Reject the brutal, reject the beauty. So now I embrace both, and I live well and hard and real."

- [Glennon Doyle](#)



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]
- Adolescent Anger Management for Ages 13-17 yrs FREE - WED @ 5-6pm (15 week curriculum) [online]

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

- Stress management - FREE THURSDAY @ 6-7 PM [online]
- Grief Group - 18+ FREE - MON @ 7-8pm (Starts 3/1 [online])

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

- 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 & Friday 7-9PM

LA County Covid-19 NEWS

[CLICK HERE](#)

Hot Lines

National Suicide Prevention Lifeline,

1-800-273-TALK (8255) or
[Live Online Chat](#)

Love Is Respect -

Safety in Relationships
Call 1.866.331.9474

Veterans Crisis Line,

Call 1-800-273-8255 and Press 1
Text 838255, [Chat online](#)

Los Angeles LGBT Center



Los Center South
Tel: 323-860-3799

Department of Children and Family Services

Child Protection Hotline

(800) 540-4000