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# RFC WELLNESS NEWSLETTER

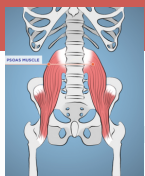
## Health is for EVERYbody

By Cleandra Martin Waldron

**Greetings Richstone family!**

**Welcome to the 1st edition of the RFC Wellness Newsletter.**

**From the bottom of our *heart*, we hope you enjoy it!**



### Pose of the Month

#### ***Legs up on a chair***

Need an excuse to "put your feet up?" Here you go!

1. What is your nervous system?
  - a. "the network of nerve cells and fibers which transmits nerve impulses between parts of the body." - Oxford Dictionary
2. What is your "fight, flight, & freeze response?"
  - a. The FFF response is the 0-60 in a nano-second 1/2 of the nervous system that gets us up and going when we need to. Unfortunately, it does this equally for lions and lane changes on the 405.
3. What is the psoas muscle? Anatomy - YJ Article
  - a. The psoas ("so-az") is a muscle that connects the legs to the pelvis. It also "rounds" and "arches" the lower back.
  - b. It is a "first responder" stress muscle. It curls us into a ball and also gets us ready to run
4. What "stresses"/contracts the Psoas?
  - a. Any thought of stress or anxiety + sitting, driving, or being on a Zoom calls. \*This can also cause back pain\*
5. What relaxes or releases the Psoas?
  - a. Relaxation Legs on a "chair" pose, also called "legs up" in yoga
6. What you need:
  - a. A floor (with carpet or blanket) + chair/sofa/bed + a pillow/blanket/towel.

#### Step by Step:

1. Lie on your back with your feet over a chair, sofa, or bed.
2. Place a small pillow or blanket under your head.
3. STAY. 5-15mins.
4. \*If you feel pain or pressure under the "hips" place an additional blanket or towel under the pelvis.
5. REPEAT 5-7 times a week before bed.
6. My friend *Jillian Pransky*, and Supreme-Yoga-Teacher gives a video tutorial available HERE: "*Settling-the-psoas*" Check it out for a detailed explanation.



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Interview with:

**Juliette Stidd**

**Clinical Director**

# 11 Questions

Each month we will get to know the people at RFC a little bit more...

**Why 11? Because 10 was not enough!**

## Breathing Exercise of the Month -10 Good Breaths -

- *Sit or lay down in a safe comfortable space. (This can be sitting in the car or "hiding" on the bathroom floor:)*
- *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 push the air out.*

*Breathe in and out and say "1"*  
*Breathe in and out and say "2"*  
*Breathe in and out and say "3"*  
*Breathe in and out and say "4"*  
*Breathe in and out and say "5"*  
*Breathe in and out and say "6"*  
*Breathe in and out and say "7"*  
*Breathe in and out and say "8"*  
*Breathe in and out and say "9"*  
*Breathe in and out and say "10"*

- *Repeat 1-3x per day or whenever you feel overwhelmed or anxious.*

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

*"I seriously miss everyone. That is the worst part but also amazing that I get to work with people that I actually miss. I have never owned loungewear and now I live in it. That is the best part."*

### 2. Are you an early bird or night owl?

*"Definitely a night owl. I do not enjoy waking up early."*

### 3. What is your favorite self-care activity?

*"I love to go for walks, connect with friends, work on creative projects like candle making, and binge watch Netflix."*

### 4. What is your most-used emoji?

*"I love the face with the hearts. I rarely used it before but now I miss everyone so much that it has become a regular."*

### 5. What is your favorite Holiday?

*"I love Christmas. I love giving gifts, chilly weather, and spending time with friends and family and Christmas seems to make all of that happen for me at once."*

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

*"Be a servant leader. If you have the privilege of being in leadership, don't spend time figuring out how others can serve you, but rather how you can be of service to them."*

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

*"The people. The people I work with are brilliant and compassionate, and creative. Sometimes I sit back in supervision meetings and am in awe of the amazingly talented people I get to spend time with. And while they are there to learn from me, I end up learning so much from them."*

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

*"Yes, her name is Petra."*

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

*"I hated onions as a child and hate them just the same today. Fortunately, my family is very gracious and often omits their beloved onions from recipes for family meals."*

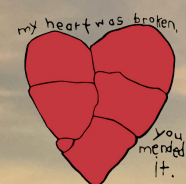
### 10. What was the last great movie you saw? Why would you recommend it?

*"I recently saw The Greatest Showman and it was incredible. The acting, singling, and overall storyline were greatly entertaining."*

### 11. What is your favorite dessert?

*"Anything with chocolate!"*





## Healthy Habit

### - Drinking Water - 8 Cups per day?

Research says that water is great for us in many ways:

In an article (available [HERE](#)) they listed: physical and mental performance, body temperature regulation, aging, blood pressure, heart function, and digestion.

But how much?

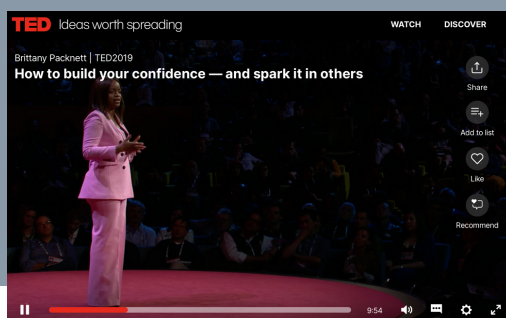
The Mayo Clinic recommends:

- About 15.5 cups (3.7 liters) **15 cups of fluids a day for men**
- About 11.5 cups (2.7 liters) **11 cups! of fluids a day for women.**

11 cups?! Wow, I need to up my intake! But don't despair, this number also includes juice and coffee + all liquids.

## TED Ideas Worth Spreading

Brittany Packnett - "How to build your confidence and Spark it in Others"



## "Tweety" Funny



## Attitude of Gratitude

It might feel hard, especially right now to find things to be grateful for. However, being grateful for anything can improve well-being. you don't have to like it for it to work! Try this? For 1 week, find 3 things to be grateful for before you go to bed. It can be very small: running water, the sun was shining and I have breath in my lungs. Try this everyday for one week and see if you notice a little improvement in mood. Do not stress if you forget a day. Just start again the next. Studies show that an attitude of gratitude works even if you don't believe it will!

Check out this great article in Forbes, by Amy Morin:

"7 Scientifically Proven Benefits Of Gratitude That Will Motivate You To Give Thanks Year-Round"

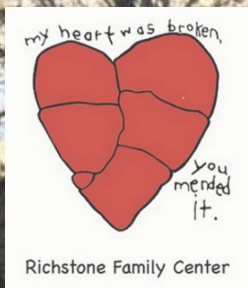


## Kids Corner

Kids Free Online Craft

Make a "Love-Bug"

w/ Michael's



## RFC Current Groups

### **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+ (\$13/class) - TUE @ 6-7 pm (15 week curriculum) [online]
- Anger management class for 18+ (\$13/class) - THUR @ 7-8 pm (15 week curriculum) [online]
- Manejo de la ira para adultos 18+ (\$13/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 2/22 [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

## Hot Lines

National Suicide Prevention Lifeline,

1-800-273-TALK (8255) or

Live Online Chat

Mental Health SAMHSA Treatment  
Referral Helpline, 1-877-SAMHSA7  
(1-877-726-4727)

Veterans Crisis Line,

Call 1-800-273-8255 and Press 1

Text 838255, Chat online

Department of Children and Family  
Services

Child Protection Hotline

(800) 540-4000