



RFC WELLNESS NEWSLETTER

HEALTH
is for Everyone

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

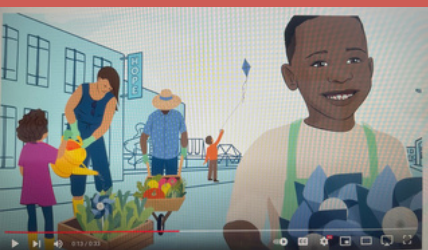
April is...

INSIDE THIS ISSUE:

***Watch Here**

National Child Abuse Prevention Month*

Link ***[HERE](#)**



Pose of the Month

Child's Pose

What is Child's Pose?

- This pose not only is a yummy stretch for the inner thighs and lower back, but also it soothes our adrenal glands.

How does Child's Pose work?

- This pose encourages deep breathing which will relax tension that you hold in your body.

What are some benefits of the Child's Pose?

- Helps alleviate stress and anxiety
- Releases tension in the back, chest, and shoulders
- Massages internal organs.



Step by Step

- Kneel down on the floor, keep your knees a few inches apart, lower your buttocks toward your heels, and bring your big toes to touch.
- Lower your chest onto your thighs and forehead to the ground.
- Either place your hands in front, palms facing down or slide your hands back, palms facing up.
- Take 5-10 breaths.
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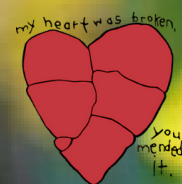
- Pose of the Month
- Exercise of the Month
- 11 Questions
- Healthy Habit
- Tweet of the Month
- TED Talk of the Month
- Cognitive Behavioral Therapy
- We Heart Kids!
- One to Watch
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- Current Groups
- Group Highlight
- Resources
- Help Lines



Article - [HERE](#)

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:
Jaymie Miller
Clinical Supervisor and
Clinical Contracts
Coordinator

Mindfulness Exercise of the Month

BODY SCAN



What is the body scan exercise?

A body scan is a mindfulness/ grounding technique which can help turn one's focus inward. It helps you tune into your body and notice any sensations that are felt throughout without any judgment. It can help reduce anxiety when your thoughts are racing by bringing the focus to the breath and bodily sensations, or as the beginning of a meditation practice.

Step by Step

- Sit or lie down in a comfortable position. Close your eyes or hold a soft gaze.
- Start by focusing on the breath and noticing the sensations of your breath moving in and out of your lungs.
- Starting with your feet, bring focus to each part of your body for a period of time, noticing the feeling of the part against any surfaces, the feeling of clothing on the part, and what sensations are going on internally. Pay attention specifically to each of these sensations, without judgment and without attributing meaning.
- Spend as long as you like on each body part before moving to the next, from your feet to the very top of your head.
- Then allow yourself to feel your entire body in space, before opening up your eyes.

Link to Article [HERE](#)

Link to Video [HERE](#)

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

"It's hard not getting to know everyone face-to-face. Zoom can't capture all of the non-verbals that sometimes allow getting to know colleagues and building rapport with clients easier and more natural. BUT the lack of commute, ease of schedule, and overall flexibility that I get with working virtually more than make up for it. I am able to get in a lot more self-care now which helps with my overall productivity and wellbeing. I also get to be around my sweet (and sassy) dog 24/7."

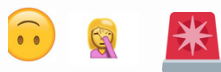
2. Are you an early bird or night owl?

"Night owl most definitely."

3. What is your favorite self-care activity?

"I'm currently training for a half-marathon so going for a long run at the beach is really calming for me. When I don't have the time or energy for a run I'll usually put on a sheet mask and watch trashy reality shows with my husband and cuddle my dog."

4. What is your most-used emoji?



5. What is your favorite holiday?

"Big Halloween fan."

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

"Hmm that is a hard one. This is maybe more of an overall sentiment but just to live and let live. As long as someone's opinions or behaviors are not causing harm to anyone (or yourself) then you do you!"

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

"The people, the pace, and the overall purpose that RFC has. I've been at Richstone for 8 years and love how much I have been able to progress and absorb throughout my time here."

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

"Just got a new car so not yet but thank you for motivating me to ponder a few new monikers."

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

"I never liked meat growing up, I've probably eaten steak twice in my life. I just don't think it settles well with me. Once I learned that I could adopt a diet around not eating meat I have not looked back!"

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

"I'm not a big movie watcher (prefer a series) but the last movie I saw and enjoyed was Molly's Game. Would definitely recommend it, it's super fun and based on a true story."

11. What is your favorite dessert?

"Really relish a good cookie. My husband and I order Diddy Riese pretty much every Friday. Their ice cream sandwiches cannot be beaten."

RFC Library Pick

"Breathing Exercise for Children with Rebecca"



***Want to watch this amazing video?**
Head to the Richstone web site and find
"Get Help" and click on the "Resources" tab.

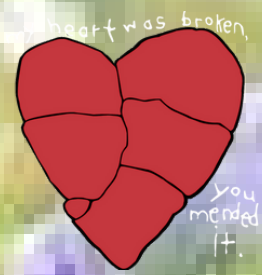


ONE TO WATCH



Mangroves - The Beautiful Habitats on Earth

Watch Free: [HERE](#)



Healthy Habit

WEAR
SUNSCREEN
EVERYDAY!



Studies suggest to wear sunscreen everyday due to the ultraviolet rays which are always present no matter if it is sunny or cloudy outside and are the cause of skin cancer, damage and aging.

Benefits of wearing sunscreen everyday

- Reduce the risk of skin cancer
- Slow down aging process
- Reduce chance of wrinkles

How-To Suggestions:

- Make applying sunscreen part of your daily morning routine
- Choose at least a sunscreen with SPF 30+
- If you are exposed to pure sunlight choose SPF 60+
- Apply sunscreen on face, chest and arms

Article on Wearing sunscreen - [HERE](#)

Video on Wearing Sunscreen - [HERE](#)

TED

Ideas Worth Spreading

Why Students Should Have Mental Health Days | Hailey Hardcastle



Watch [HERE](#)

"Tweety" Read



"Top 8 Easter Egg Traditions Around the World - Language Connections [HERE](#)



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!

[Los Angeles Times Book](#)

[Festival](#)

April 23 & 24

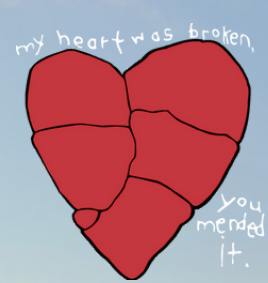


Info [HERE](#)

Quote of Note

"Every day may not be good... but there is something good in every day."

ALICE MORSE EARL



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

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

- Stress management - ages 18+ - FREE - THURSDAY @ 6-7 pm [online]
- Grief group - ages 18+ - FREE - MONDAY @ 7-8 pm [online]
- Grief group in Spanish - ages 18+ - FREE - THURSDAY @ 10-11 am

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

- Adolescent anger management- ages 13-17 FREE - WEDNESDAY @ 5-6 pm (15 week curriculum) [online]
- Baby & Me/Bebé y yo - All Guardians - FREE - Wednesday @ 4pm [online]

NEW: Grief Groups for Ages 6-9, 10-12, and 13-17

Tuesday @ 3pm, Wednesday @ 4pm, and
Wednesday @ 5pm || Free of Cost

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 Skid Row Ministry

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 or [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