

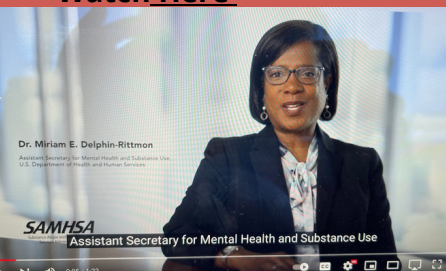
# RFC WELLNESS NEWSLETTER

## HEALTH is for every Soul

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

INSIDE THIS ISSUE:

### \*Watch Here



Mental Health Awareness Month\*

Link [\\*HERE](#)

## Pose of the Month

### Easy Pose

### Step by Step

What is Easy Pose?

- This pose is also referred to as meditative pose.

How does Easy Pose work?

- This pose requires you to engage the core and back muscles and distribute your weight evenly over your sit bones.

What are some benefits of the Easy Pose?

- Good meditation pose
- Promotes groundness and inner calm
- Opens hips and lengthens spine .



- Come to a seated position with the buttocks on the floor, then cross the legs, placing the feet directly below the knees. Rest the hands on the knees or the lap with the palms facing up or down
- Press the hip bones down into the floor and reach the crown of the head up to lengthen the spine. Drop the shoulders down and back, and press the chest towards the front of the room.
- Relax the face, jaw, and belly. Let the tongue rest on the roof of the mouth, just behind the front teeth
- Take 5-10 breaths.

### May is...

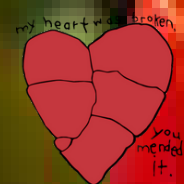
- Pose of the Month
- Exercise of the Month
- 11 Questions
- Healthy Habit
- Tweet of the Month
- TED Talk of the Month
- RFC Facebook Page
- We Heart Kids!
- One to Watch
- RFC Library
- Quote of Note

- Current Groups
- Group Highlight
- Resources
- Help Lines



Article - [HERE](#)

Video Tutorial - [HERE](#)



## Mindfulness Exercise of the Month

### Earthing

#### What is the Earthing Exercise ?

Earthing is also known as grounding exercise. Earthing means that we make an electrical connection with the Earth's energies, and the simplest form involves walking barefoot on grass, dirt or sand.

#### How does it work?

Think of the Earth as being a giant battery that supports life on this planet. The earth's surface has a subtle, negative electrical charge. We as humans are bioelectrical beings and by connecting to Mother Earth helps us top up on energy and rebalance our body systems.

#### What are the benefits?

- a) Immune support
- b) Stress reduction
- c) Improved sleep

#### Step by Step:

1) Chose a place where you want to "earth" or ground yourself.

- Grass
- Dirt
- Sand

2) Take off shoes and socks.

3) Press your feet into the earth. You may walk around or stand still. You may close your eyes or keep them open. Feel and just try and be.



Link to Article [HERE](#)

Link to Video [HERE](#)

# 11 Questions

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



Interview with:  
**Bettina Wright**  
Richstone Human  
Resources

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

"The hardest part is, it's harder to make real connections with colleagues. The best part is work/life balance."

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

"I fall somewhere in the middle since I typically go to bed between 10-11 PM and naturally wake around 7 AM."

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

Cooking and spending time outdoors with my bestie, Tommi."



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



#### 5. What is your favorite holiday?

"Thanksgiving as it's represented today! Because it brings people together with no expectations, just good food, people and gratitude!"

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

"Faith is the essence of all things!"

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

"Richstone's Mission!"

"Since 1974, the Richstone Family Center has been dedicated to treating and preventing child abuse and trauma; strengthening and educating families; and preventing violence in families, schools, and communities."

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

"No, but I tend to refer to her as "She".

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

"Liver and I still detest it today!"

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

"Our Planet which is a docu-series on Netflix that explores our earth's natural beauty and how climate change is affecting all living creatures. Simply spectacular to watch! Yes, I would recommend it because it provides focus and awareness on our impact on the environment!"

#### 11. What is your favorite dessert?

"It's a toss up between sweet potato pie and anything chocolate."

## RFC Library Pick

### "Managing Stress Resource with Christine Gutierrez, AMFT"



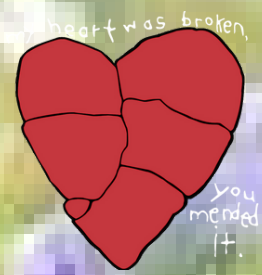
**\*Want to view this amazing resource?**  
Head to the Richstone web site and find "Get Help" and click on the "Resources" tab.

## ONE TO WATCH



A New Way to Think About the Transition to  
Motherhood  
Watch Free: [HERE](#)





## Healthy Habit

### DEEP BREATHS

Take a few deep breaths a couple of times throughout the day!



Research suggests to practice deep breathing a couple of times throughout the day to reduce stress and anxiety, refocus and stabilize blood pressure.

#### Benefits of deep breathing

- Improves immunity
- Reduces stress and anxiety
- Lowers blood pressure

#### How-To Suggestions:

- Set an alarm every couple of hours to remind yourself to take 3-5 deep breaths
- Close your eyes when taking breaths
- Make it a habit that you do first thing before getting out of bed in the morning-

Article on Deep Breathing - [HERE](#)  
Video on Deep Breathing - [HERE](#)

## TED

### Ideas Worth Spreading

#### Mental Health Care That Disrupts Cycles of Violence | Celina de Sola



Watch [HERE](#)

## "Tweety" Read



I don't know what my husband is planning on doing for me for Mother's Day but I hope it's the laundry.

1:37 pm - 4 May 2019

209 Retweets 1,185 Likes



"Self-Care Tips for Busy Moms" - Kaiser Permanente

Link [HERE](#)

## New Richstone Family Community Facebook Page

Richstone Family Center is excited to announce that we have started a new Facebook page dedicated to providing our community with helpful information regarding mental health, self care techniques, resources as well as upcoming RFC events.

Check out the link: <https://www.facebook.com/richstonecommunity>



## Quote of Note

GIVE YOURSELF THE SAME CARE & ATTENTION THAT YOU GIVE TO OTHERS AND WATCH YOURSELF BLOOM



## 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