



# RFC WELLNESS NEWSLETTER

## HEALTH is Internal and External

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

### INSIDE THIS ISSUE:

#### \*Watch Here



November is...

National Gratitude Month\*

Link \*[HERE](#)

## Pose of the Month

### Kness-to Chest Pose

What is Kness- to- Chest Pose?

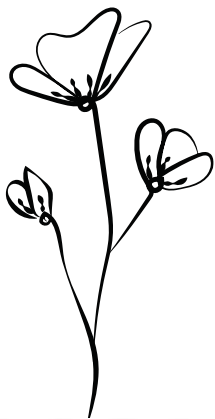
- This pose is considered a pose of gratitude.

How does Knees-to-Chest Pose work?

- This pose stretches lower spine and back muscles

What are some of the benefits of Knees-to -Chest Pose?

- Massages pelvic organs
- Opens the hips
- Eases anxiety, anger and high blood pressure.



### Step by Step

- Begin lying on your back with the legs together.
- Exhale and draw the knees into the chest.
- Wrap the arms around the shins Draw the legs nearer to the torso
- Take 1-5 breaths.
- On an exhale release legs to the ground.



Article - [HERE](#)

Video Tutorial - [HERE](#)

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my heart was broken



## Mindfulness Exercise of the Month

### Choosing a Gratitude Rock

#### What is a gratitude rock?

A gratitude rock is a symbol, a physical object you can use, to remind yourself of what you have.

Research has shown practicing gratitude every day can:

- Improve physical health
- Improve psychological health
- Enhance empathy and reduce aggression
- Improve sleep
- Enhance self-esteem

#### How to choose a gratitude rock

- Find a rock that you like, color, shape, texture etc.
- Carry the rock around in your pocket or place it somewhere you can see it everyday.
- When you see it or touch it, think of at least one thing that you are grateful for in that moment.
- At night when you take the rock out of your pocket or see it on your desk think of all the things that you were grateful for throughout the day.
- Do this every single day and you will see how your thoughts and overall mindset will change.

# 11 Questions

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

Interview with:

**Allie (Alexandra) Seymour**  
Therapist and Clinical  
Specialist

#### 1. What was the hardest part for you during the pandemic, what was the best part?

"Looking back now, it's hard to identify one specific part as the most difficult. I struggled with a loss of loved ones, watching those I care about deal with the grief of losing loved ones as well, and the fear of the unknown. I also saw so many people come together to support one another, lift other's spirits, and extend much needed kindness. There were a lot of grey areas experienced during covid, many that I still am navigating today. But I do think it was a time of growth and reflection, and for that I'm appreciative."

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

"A night owl all the way! Sometimes I have to save emails I write late at night in my drafts so I don't freak other people out by sending an email at 2am."

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

"Spending time with friends and community! Any time I can spend with others I feel safe and supported by is time that fills me back up. That and getting creative! "

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

"The laughing crying emoji. I guess my friend's are hilarious 😂"

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

"I love all holidays, because I love a good reason to celebrate! But I'd have to say playing White Elephant with my family during Christmas time is my favorite tradition."

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

"During a time where I was feeling fearful of the future, and things outside of my control, I was reminded that I could trust myself. And when things get too much, I often remind myself that I'm in my own corner, and that I will continue to show up for myself."

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

"Everything! I couldn't narrow it down if I tried, but I will say the first thing that comes to mind is the unwavering support I feel from my supervisor and co-workers, I feel such strong gratitude for the culture of kindness and trust that it seems is at the core of Richstone."

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

"It doesn't actually! If it did, it'd probably be "Dirtbag", because it's one and only sticker is a Dirtbags sticker from my alma mater (Go Beach!), and also because it's perpetually in need of a car wash."

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

"Onions and mushrooms, I used to hate them and now I love them on everything! "

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

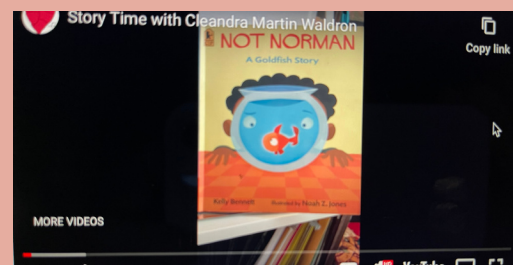
"I am a huge movie fan! But recently I've been in the spooky season mood and have been bingeing thrillers and scary flicks, and I'd have to say one of my most recent favorites was "Nope". 10/10 recommend!"

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

"This is a tricky one, I love all things chocolate, sweet, filled with sugar, or butter, or dairy. But I think my favorite would have to be the apple pie filled donut with cinnamon ice cream from Simmzys! So amazing! "

## RFC Library Pick

### "Story Time with Cleandra"



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

## ONE TO WATCH



"November 8, 2022 - General Election, Returning  
Completed Vote By Mail Ballot  
Watch Free: [HERE](#)



## Healthy Habit

### 3 Good Things that happened to me Exercise



*Research has found that thinking and writing down three good things that happened to you and the reason why they happened to you at the end of each day for at least one week, will increase your well-being and lower depression. (Dr. Martin Seligman)*

#### How to do it:

Each day for at least one week, write down three things that went well for you today, and provide an explanation why they went well. It is important to create a physical record of your items by writing them down; this can be more helpful than simply doing this exercise in your head. The items can be small, everyday events, or more important milestones. (e.g., "my partner made the coffee today," "My grandparents were happy when I brought them groceries," or "I earned a big promotion").

Article on "Three Blessings" - [HERE](#)  
Dr. Martin Seligman Video - [HERE](#)

## TED

### Ideas Worth Spreading

#### You Don't Actually Know What Your Future Self Wants | Shankar Vedantam



Watch [HERE](#)

## "Tweety" Read



"Decluttering Your Life: How Cleaning and Mental Health Are Connected"

Cleveland Clinic  
Link [HERE](#)



## Upcoming Support Group: Teen Talk

By Alexandra Hoatua, AMFT

Teen Talk is a new support group at Richstone Family Center that will begin in January 2023. This group was designed with teenage youth in mind in order to create a safe and comfortable space to process their thoughts and feelings on topics relevant to their day-to-day experiences. This group will also help foster a sense of reliability and connection to other teens through conversation. Teen Talk will be offered as a closed group of up to 10 participants ages 14-17. The group will be held once a week, in-person on Fridays at 4pm. Parents and/or Guardians of interested participants will need to call the group facilitators to register beforehand.



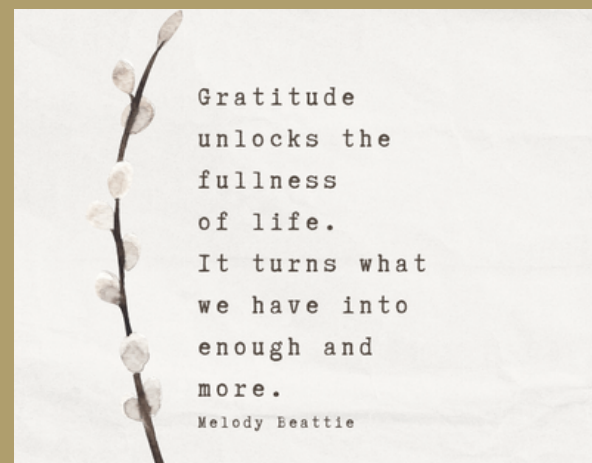
### We Heart Kids!

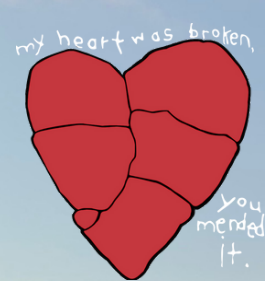
#### Surfing Santa Competition

When: November 19 & 20th

Info [HERE](#)

## Quote of Note





## 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: Teen Talk Group (Ages 14-17)**  
**Free of Cost - Held each Friday @ 4pm starting**  
**January 2023 - Call to Register**

## 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 & Crisis Lifeline

**988**- Call, Text or 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