



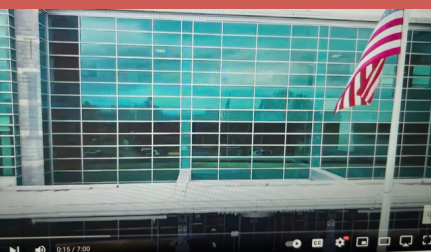
RFC WELLNESS NEWSLETTER

HEALTH is CHANGE

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

INSIDE THIS ISSUE:

*Watch Here



January is...

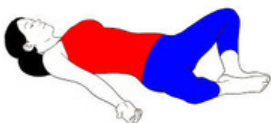
National Blood Donor MONTH*

Link [*HERE](#)

Pose of the Month *Reclined Butterfly Pose*

About the Pose

- What is the Reclined Butterfly Pose?
 - This pose is a yummy stretch for the hips and it regulates blood pressure.
- How does the Reclined Butterfly Pose work?
 - Lying on your back while bringing the soles of the feet together will open your hips and regulate your blood pressure.
- What are some benefits of the Reclined Butterfly Pose?
 - Regulates blood pressure and balances adrenals
 - Relieves indigestion, gas, and sciatica
 - Alleviates menstrual cramps
 - Prevents hernia
 - Reduces stress and calms the mind
 - Increases mobility in the hips



Step by Step

- Lie on your back
- Bring the soles of your feet together, knees are out to the side like butterfly wings
- Bring your arms to the side palms facing up
- Take 5-10 deep breaths
- To come out: Bring your hands to the outsides of your thighs and scoop your knees together like a book. Roll off to one side.



- Pose of the Month
- Exercise of the Month
- 11 Questions
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- TED Talk of the Month
- Couples Group
- We Heart Kids!
- One to Watch
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- Current Groups
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- Resources
- Help Lines





Mindfulness Exercise of the Month

5 Senses Exercise

What is the 5 Senses Exercise?

5 senses exercise is a mindful exercise that involves our 5 senses (see, feel, hear, smell, taste) which you can practice alone or as a family.

How does it work?

By using our 5 senses, we become present in the here and now. During this exercise you focus on 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you can taste.

What are the benefits?

- a) Reduce anxiety
- b) Be present
- c) Reduce tension

Step by Step:

- 1) Notice 5 things that you can see. Look around you and become aware of your environment. Try to pick out something that you don't usually notice.
- 2) Notice 4 things you can feel. Bring attention to the things that you're currently feeling, such as the texture of your clothing or the smooth surface of the table you're resting your hands on.
- 3) Notice 3 things that you can hear. Listen for and notice things in the background that you don't normally notice. It could be the birds chirping outside or an appliance humming in the next room.
- 4) Notice 2 things you can smell. Bring attention to scents that you usually filter out, either pleasant or unpleasant. Catch a whiff of the pine trees outside or food cooking in the kitchen.
- 5) Finally, notice 1 thing you can taste. Take a sip of a drink, chew gum, or notice the current taste in your mouth

Link 5 senses Article [HERE](#)

Link to 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:

Alicia Ramirez, Director of Finance &
Administration

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

"The hardest part was not being able to go out to restaurants, the best part was trying to recreate those meals at home with the family.

2. Are you an early bird or night owl?

"Early Bird."

3. What is your favorite self-care activity?

"I love to Bake & Sew, good time to just unwind. Pun intended. LOL"

4. What is your most-used emoji?



5. What is your favorite holiday?

"Halloween."

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

"Live every day like it was your last, tomorrow is never guaranteed."

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

"Knowing that we are making a difference in someone's life."

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

"Yes, BOB."

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

"Onions, I love them now."

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

"Sound of Music, I watched it every year with my Mom and now I get to do that with my daughters."

11. What is your favorite dessert?

"Strawberry cake from Phoenix Bakery in Chinatown."

RFC Library Pick

"Mindfulness Exercise for Couples" by
Rebecca Hotzel, LMFT



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

ONE TO WATCH



Brene Brown - Listening to Shame
Watch Free: [HERE](#)



Healthy Habit

No Screen Time Before Bed

Research has found that screentime just before going to bed has a negative impact on the quality of your sleep. Studies have found that watching TV, being on the computer, phone or tablet just before bedtime will keep you psychologically engaged which will make it harder to fall asleep. Additionally, the blue light from the screens suppresses melatonin which helps controlling your sleep wake cycle. That said, when you have decreased levels of melatonin you may experience insomnia, tiredness during the day and irritability. Research suggests to cut off any screen time at least 30 minutes before bed time but ideally one hour!

So what to do instead?

Instead of using our phone, computer or TV just before bedtime why don't we try some of these alternatives and see if we notice a difference!?

Read an actual book or magazine

Have a conversation with a loved one

Journal or write notes for your gratitude jar:-)

Plan your next day

Refelct on your day

Article on "Smart phones before bed" - [HERE](#)

No smart phone before bed Video - [HERE](#)

TED

Ideas Worth Spreading

Why Having Fun Is the Secret to a Healthier Life | Catherine Price



Watch [HERE](#)

"Tweety" Read



Sarah Lazarus
@sarahclazarus

no new years resolutions. it is the circumstances turn to improve

"The Psychology Behind New Year's Resolutions That Work"

Psychology Today
Link [HERE](#)



2023

Couples Group

By Lauren Matern, MFT

"We are excited to announce that Richstone Family Center is now offering a Couples Group which will begin on February 7th at 6pm. The group will focus on developing communication skills, the repair process, and increasing empathy & connection. Some details about the group: it is an open group, free, English, virtual, & runs for 12 weeks. To register please call 310 970 1921 ext: 159 or 146.



Quote of Note



The best time for new beginnings is now



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: Couples Group
Free of Cost - February 7th, 6pm - 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