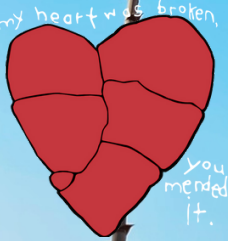




# RFC WELLNESS NEWSLETTER




## HEALTH is listening to your inner voice

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

**\*Watch Here**

**July is... BIPOC Mental Health Awareness MONTH\***

Link [\\*HERE](#)



## Pose of the Month *Tree Pose*

### About the Pose

What is Tree Pose?

- This pose helps with concentration.

How does Tree Pose work?

- This pose improves focus and concentration while calming the mind.

What are some benefits of the Tree Pose?

- Improves balance and stability
- Calms & relaxes the mind
- Improves focus and concentration



### Step by Step

- Stand tall with both feet on the ground, arms by your side.
- Shift your weight to your left leg and raise your right foot off the floor.
- Align the sole of your right foot with the inside of your left thigh. Toes pointing down, pelvis straight.
- Bring your arms straight up above your head, palms pressed together.

Take 5-10 breaths, then switch sides.

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

- Current Groups
- Group Highlight
- Resources
- Help Lines







# Mindfulness Exercise of the Month

# 11 Questions

Getting to know the people at RFC a little bit more... **Why 11? Because 10 was not enough!** Interview with **Rebecca Hotzel, LMFT**

## Chair Seated Twist



### What is Chair Seated Twist?

*Chair Seated Twist is an easy and accessible way to release stress in your upper body, back, and neck. All these areas tend to be impacted by stress and trauma. How does it work? Chair Seated Twist is a safe way to target the neck, hips, and shoulders while at the same time exercising the muscles of the back. Grounding the sit bones in the chair while extending and twisting also keeps the normal range of motion in the spine. This pose can be used while at work, at school, or on the go, and for all levels of ability. What are the benefits?*

- a) Stretch your lower back
- b) Relax tension in your neck and shoulders
- c) Provide more mobility in your hips


### Step by Step:

- 1) Sit sideways on a chair with the back of the chair to your left, your feet flat on the floor, and your heels directly below your knees.
  - 2) Exhale, turn to the left, and hold the sides of the chair back with your hands.
  - 3) As you inhale, extend your spine upward.
  - 4) As you exhale, twist your torso and head farther to the left.
  - 5) Repeat steps 1 through 4, gradually twisting farther with each exhalation for 3 breaths (don't force it) and then hold the twist for 6 to 8 breaths.
  - 6) Repeat steps 1 through 5 on the opposite side.
- TIP: If your feet aren't comfortably on the floor for the Chair Seated Twist, elevate them with a folded blanket or a few books.

(by Juliette Horwitz, AMFT)

Link Article [HERE](#)

Link to Video Tutorial [HERE](#)

1. **What was the hardest part for you during the pandemic, what was the best part?**  
"One of the hardest part for me was having a premature baby during the pandemic and not being able to be with family and friends during this very emotional journey. At the same time, the best part was that I became a mom to a beautiful baby boy."
2. **Are you an early bird or night owl?**  
"Definitely an early bird."
3. **What is your favorite self-care activity?**  
"Getting a massage, as well as going to the beach. Listening to the ocean, the wind and just putting the feet in the sand I find incredibly healing."
4. **What is your most-used emoji?**  

5. **What is your favorite holiday?**  
That would be Thanksgiving. Being German, we don't celebrate Thanksgiving but I think it's one of the most beautiful holiday traditions EVER! "
6. **What's the best piece of advice you've ever been given?**  
"Trust your gut feeling, ALWAYS!"

7. **What is the thing about working at RFC that you like the best?**  
"The people. I have been at RFC for 6 years and the love, support and encouragement I have received during these years from the people who work at RFC is beyond anything I have ever experienced anywhere else."
8. **Does your current car have a name? If so, what is it?**  
"Yes! Black Panther. (I drive a Prius:-)"
9. **What was your least favorite food as a child? Do you still hate it, or do you love it now?**  
"Lentils, love them now!"
10. **What was the last great movie you saw? Why would you recommend it?**  
Ha, good question! I have a one and a three year old, no time for movies but watching my two boys is a movie in itself, trust me and I would recommend watching it all day everyday! "
11. **What is your favorite dessert?**  
"Tiramisu."

**ONE TO WATCH**



New York City's Fourth of July 2023 Fireworks

Watch Free: [Here](#)

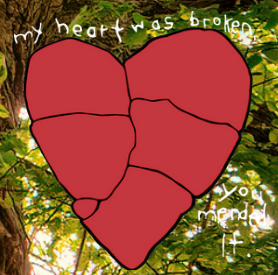
## RFC Library Pick

"Five Senses Exercise" 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.**





## Healthy Habit

### Move 3 minutes EVERY 30-60 minutes

Research has found that staying stationary, sitting or standing, for long periods of time can be bad for your health. Once you start moving you may notice the following :

- Increased energy
- A clearer mind
- Improved mood
- Higher metabolism
- Increased blood flow
- Improved posture

#### How to move:

First, set an alarm for 30 or 60 minutes:

- Engage in some light stretches
- Walk a few steps
- Use steps instead of elevator
- Walk or jog in one place



Article on "Moving every 30-60 minutes": [HERE](#)

## TED

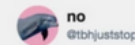
Ideas Worth Spreading

### School Is Just the Start. Here's How to Help Girls Succeed For Life | Angeline Murimirwa



Watch [HERE](#)

## "Tweety" Read



Follow

Normal life: I've been wearing the same shirt for a week.

Packing for vacation: I'll probably change 3x a day so 32 outfits should work.

Retweets 969

Likes 2,996



9:00 AM - 15 Apr 2017

7

999

3.0K

"How to Take a Better Break" - Psychology Today

Link [HERE](#)



## Feature of the Month

Social Wellness Month

Social Wellness Month is celebrated every year in July. This holiday was designed to promote mental health and strengthen relationships between family, friends, and colleagues. The goal of Social Wellness Month is to increase awareness about the importance of social wellness and empower individuals to prioritize their own mental health and well-being.

## Quote of Note

“When I dare to be powerful—to use my strength in the service of my vision—then it becomes less and less important whether I am afraid.”

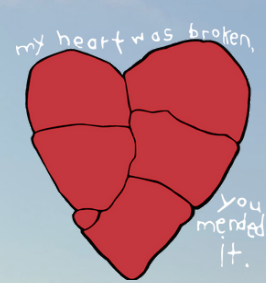
AUDRE LORDE

## We Heart Kids!

Moonlight Movies on the Beach: Lilo & Stitch

When: July 25th  
@ 8pm, in Long Beach  
Info [HERE](#)





## 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]

### **Couples/Parejas [online/virtuales]**

- Co-Parenting Group (English) - 18+ - FREE - Thursday @ 5-6pm
- Co-Parenting Group (Spanish) - 18+ - FREE - Saturdays @ 9-10am
- Couples Group (English) - 18+ - FREE - Tuesday @ 6-7pm

**NEW: Couples Group June 20th**  
**Free of Cost - Tuesdays, 7pm - 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