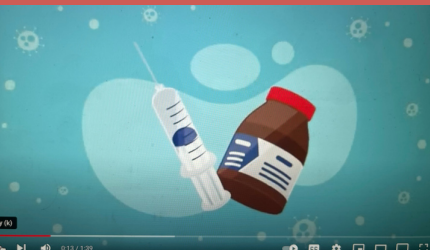


RFC WELLNESS NEWSLETTER

HEALTH is Getting to know Yourself

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

[*Watch Here](#)



August is... National Immunization Awareness MONTH*

Link [*HERE](#)

Pose of the Month *Standing Forward Fold*

Fold

Step by Step

- Stand tall, both feet on the ground, hip width distance apart.
- Exhale forward fold, hinging at the hips. Bend the knees enough to bring the palms flat to the floor and the head pressed against the knees.
- Feel the spine stretching in opposite directions as you pull the head down and in and press the hips up. Work on straightening the legs to deepen the stretch in the backs of the legs. Breathe, 5-10 breaths.



About the Pose

What is Standing Forward Fold Pose?

- Standing Forward Fold pose lengthens the spinal column and stretches the backs of the legs and the back muscles.

How does the Pose work?

- This posture compresses and massages the internal organs to boost metabolism and stimulate the digestive, urogenital, nervous and endocrine systems.

What are some benefits of the the Pose?

- May help regulate blood pressure
- Assists in relieving anxious thoughts and feelings
- Stretches back muscles

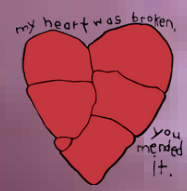
Article - [HERE](#)

Video Tutorial - [HERE](#)

- 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 Jessica Brandin, Marriage and Family Therapist Trainee

Mindful Observation

What is Mindful Observation?

Mindful Observation is one of the mindfulness exercises that is very simple but incredibly powerful because it helps you notice and appreciate simple elements of your normal environment in a more profound way. The exercise is designed to connect us with the beauty of the natural environment, something that is easily missed when we are rushing around in the car or hopping on and off trains on the way to work

Step by Step:

- 1) Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon.
- 2) Don't do anything except notice the thing you are looking at. Simply relax into watching for as long as your concentration allows.
- 3) Look at this object as if you are seeing it for the first time.
- 4) Visually explore every aspect of its formation, and allow yourself to be consumed by its presence.
- 5) Allow yourself to connect with its energy and its purpose within the natural world.

Link Article [HERE](#)

Link to Video Tutorial [HERE](#)

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

"The hardest part was feeling unsafe and the uncertainty that comes with navigating unprecedented events. The best was my transition from being in sports production to becoming a therapist."

2. Are you an early bird or night owl?

"Neither! I love my sleep and prioritize it over almost everything so I try to go to bed early and wake up as late as I can. Between 8-9 hours of sleep is when I feel my best!"

3. What is your favorite self-care activity?

"Massages."

4. What is your most-used emoji?



5. What is your favorite holiday?

"During Christmas my family has started a new tradition of exchanging games and then voting on the best one and playing it that night!"

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

"Don't listen to respond, listen to understand."

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

"Serving the community with the knowledge I have gained along with support from colleagues/supervisors."

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

"Nope, I just call it my Prius!"

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

"Hot carrots and peas! I like sauteed carrots that are seasoned now but peas still don't do it for me."

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

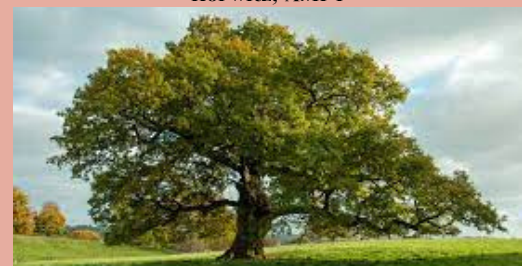
"I have not watched a great movie in a while, but a show I have really enjoyed is Sex Education. It destigmatizes sex and the shame that can be brought on due to societal values and beliefs. Plus, therapy is a focus so good to love that!"

11. What is your favorite dessert?

"Crepes with Nutella and bananas."

RFC Library Pick

"Grounding Mindfulness Meditation" by Juliette Horwitz, AMFT



*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

National Geographic's Shark Fest, 24/7 Shark Content
Watch Free: [Here](#)



Healthy Habit

Taking Power

Naps

Research has found that taking power naps through out the day can have benefits on your overall well being. Benefits may include:

- Improve cognitive function
- Lower risks of heart disease and strokes
- Reduce overall stress

TED

Ideas Worth Spreading

Why Change Is So Scary -- and How to Unlock Its Potential | Maya Shankar



Watch [HERE](#)

"Tweety" Read



My son actually said he was ready to go back to school. Apparently I've bored him enough.



"The Benefits of Boredom"

Child Mind Institute

Link [HERE](#)

Feature of the Month

August 26 is Women's Equality Day

"At the behest of Rep. Bella Abzug (D-NY), in 1971 and passed in 1973, the U.S. Congress designated August 26 as "Women's Equality Day." The date was selected to commemorate the 1920 certification of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, New York. The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality. Workplaces, libraries, organizations, and public facilities now participate with Women's Equality Day programs, displays, video showings, or other activities." (National Women's History Alliance)

Quote of Note

If you get tired,
LEARN TO REST
not to quit!

-Bansky

How to take power naps:

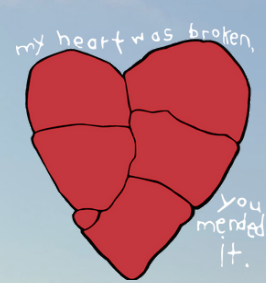
- Power naps should last between 10 to 30 min only. (Ideally 10-20 min) If naps last longer, benefits may no longer apply.
- When to take the nap depends on your personal circadian rhythm. (If you have a 9-5 job, experts recommend somewhere between 12:30pm and 2pm)
- Places where to take power naps also varies from person to person and their individual daily schedule. Places may include, bed at home, couch, car, comfortable chair)

We Heart Kids!

Reptile Show @ 2nd & PCH

When: August 24th
5-7pm in Long Beach
Info [HERE](#)

Article on "Taking Power Naps" [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