

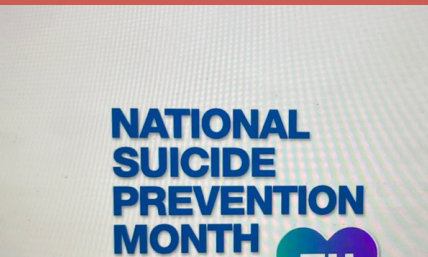
# RFC WELLNESS NEWSLETTER

## HEALTH is Rethinking Things

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

### INSIDE THIS ISSUE:

**\*Watch [Here](#)**



September is... National Suicide Prevention Awareness MONTH\*

[Link \\*HERE](#)

## Pose of the Month

### About the Pose

What is Corpse Pose?

• Corpse pose is a resting pose and often done as a final pose

How does the Corpse Pose work?

• By laying down on your back, your body will start to relax

What are some benefits of the the Pose?

- Can manage stress by relaxing the nervous system
- Lower or regulate blood pressure
- May help relieve muscular tension



### Corpse Pose Step by Step

- Lay on your back, arms by your side, palms facing up. Arms may be in a 45 degree angle.
- Close your eyes and slow down your breath. Notice how your body starts to sink into the floor.
- Scan your body from the tip of your toes to the crown of your head, see if you notice any tension and try to let it go.
- Release all control over your thoughts, your breath and body. Let your body move deeper and deeper into a state of total relaxation.
- Stay in this pose for 5-15 minutes.

- 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

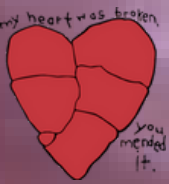
Current Groups -

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  
Mayra Beltran, Parent  
Educator

## Mindful Listening

### What is Mindful Listening?

*Mindful listening is another mindfulness exercise in which you focus on something you can hear in your environment. It can be something obvious and loud or something in the background.*

### Step by Step:

1) Identify a sound. (Hum of an air conditioner, distant traffic, neighbors TV, anything really)

2) Close your eyes if that feels comfortable. If not find a spot in your space to softly gaze at.

3) Start to bring your focus to the sound. Take note of its tone (Is it soft? Buzzy? Harsh?), rhythm (maybe it's steady or irregular), and volume.

4) Stay with the sound as best you can. If your mind wanders off, that's okay; just acknowledge that and come back to the sound.

5) You'll stop the exercise whenever you feel you explored everything about the sound.

Link Article [HERE](#)

Link to Video Tutorial [HERE](#)

### 1. What is the best vacation you ever took and why?

"The best vacation that I ever took, as recently as when I went to Mexico City for the first time. There was so much history to take in and learn about. It's definitely a place I want to visit again."

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

"I have learned to become an early bird."

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

"My favorite self-care activity is reading something that isn't work related."

### 4. What was your favorite age growing up and why?

"My favorite age growing up was being 8 years old. I loved playing Barbies with my sisters."

### 5. What is your favorite holiday?

"Thanksgiving is my favorite holiday, because I was born on Thanksgiving. I love getting together with my family and eating all the yummy food."

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

"Best piece of advice was: What's meant for you, can't miss you!"

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

"The best thing is working with children."

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

"My car doesn't have a name. If it did, it would be a Space Car because 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?

"Lentil soup; and now I love it. It's comfort food."

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

"Barbie: I would recommend it to anyone who wants to get in touch with their inner child."

### 11. What is your favorite dessert?

"Chocolate cake."

**ONE TO WATCH**

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

## RFC Library Pick

**"Having a Conversation with a loved one considering suicide" with Seth Madej, AMFT**



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



## Healthy Habit

### Eat Last Meal 3 Hours Before Going To Bed

Research has found that eating just before going to bed impacts our body in a lot of negative ways including but not limited to bad sleep, digestive issues, weight gain.

Thus, experts recommend to eat last big meal 3 hours before going to bed. If you are still hungry before going to bed experts recommend eating a snack such as veggies with hummus, Apple with table spoon of almond butter, some fruit with a small piece of dark chocolate, or greek yoghurt.



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

## TED

### Ideas Worth Spreading

#### How to Hack Your Brain When You're In Pain | Amy Baxter



Watch [HERE](#)

## "Tweety" Read



Here's a little song I wrote about the kids going back to school it's called "OH THANK GOD" and a one and a two



"Back to School (For Parents)"

Kids Health

Link [HERE](#)

## Feature of the Month

### National Hispanic Heritage Month

"Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402. "The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period." (United States Census Bureau)

## Quote of Note

"Just because no one else can heal or do your inner work for you

doesn't mean you can, should, or need to do it alone."

-Lisa Olivera

## We Heart Kids!

Westchester Arts & Music Block Party

When: September 23rd from 12-7pm

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: Teen Group,  
Free of Cost - Fridays @ 4pm - 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