



# RFC WELLNESS NEWSLETTER

## HEALTH is GRATITUDE

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

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### About the Pose

#### What is Low Lunge Pose?

- It is a hip flexor stretch which inspires gratitude as you remain grounded while reaching up and revealing your heart.

#### How does the Low Lunge Pose work?

- This pose stretches the thighs and groins and opens the chest.

#### What are some benefits of the Pose?

- Strengthens the back, legs and shoulders
- Stretches the hips, thighs and feet.
- Improves balance and focus.



## Low Lunge Pose Step by Step

- Step one foot forward and one foot back, and lower down to your back knee. (Pad with a blanket if you wish.)
- Bend your front knee deeply and slide your front foot forward so it lines up under your knee.
- Reach up as you inhale and begin to curl back as you exhale.
- Bend your elbows and roll your shoulder blades toward each other.
- Take 5-10 breaths here.

Article - [HERE](#)  
Video Tutorial - [HERE](#)

- Current Groups
- Group Highlight
- Resources
- Help Lines





# Mindfulness Exercise of the Month

# 11 Questions

Interview with Miguel Samaniego, Richstone AMFT for Providence Health Services

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

## Gratitude Meditation

### What is a Gratitude Meditation?

Unlike other mindfulness meditations, during gratitude meditation you visualize all the things in your life that you are grateful for.

### Step by Step:

- 1) Sit or lie down and in a quiet space and close your eyes
- 2) Take a 3-5 deep breaths and get settled
- 3) Start visualizing one thing that you are grateful in your life. Once you see it clearly, move on to the next thing you are grateful for in your life.
- 3) You can choose three things or go on indefinitely.
- 4) Once you are done, take again 3-5 deep breaths and slowly open your eyes.

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

"Thailand! The culture is rich in beautiful traditions, the people are so kind, and I was able to visit an elephant sanctuary and pamper some elephants!"

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

"Night owl! My love for sleeping in isn't compatible with the early bird lifestyle."

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

"Watching an entertaining movie or series at home with a bag of Takis."

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

"Any age before 18! They were ages where I wasn't concerned with paying rent, bills, or taxes!"

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

"Halloween! I love the folklore behind it, as well as the spooky and campy customs and traditions! "

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

"Unless they're paying your bills, pay them people no mind!"

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

"I appreciate the encouragement supervisors give us to explore different techniques and therapeutic models so we can develop our unique identities as therapists."

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

"Paloma! It means "dove" in Spanish, and it's fitting since it's white. My mom called it that once, and it stuck. "

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

"Avocados! I thought the texture, color, and big seed in the middle were off putting as a child! And I still find them off putting as an adult!"

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

"No One Will Save You" on Hulu! It's a thrilling scary movie with a fresh take on an alien abduction plot! Highly recommend it if you like thrillers!"

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

"The Chocolate Brownie Sundae from Lazy Dog!"



## ONE TO WATCH



Veterans Day: A Celebration of Our Nation's Military Branches | Drive Thru History Special

Watch Free: [Here](#)

## RFC Library Pick

"Balloon Breathing Audio" by Cleandra Waldron



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



Link Article [HERE](#)  
Link to Video Tutorial

[HERE](#)



# Healthy Habit

## Practice Gratitude Walks

Research has shown that people who practice gratitude exercises daily are generally happier. Additionally, research has also shown that daily gratitude practices can help lower depressive symptoms.

### How to do the Gratitude Walk

Go outside and start walking. Take the walk with the intention of observing the things you see around you. Take it all in and express gratitude towards the things you see. Flowers, trees, birds, the ocean, the beach anything. You can even do this together with a loved one.

Article [-HERE](#)

# TED

Ideas Worth Spreading

## 3 Practices for Wisdom and Wholeness | Krista Pippett



Watch [HERE](#)

## "Tweety" Read



Thanksgiving: A time to be thankful even after pleading with your child for an hour to JUST TRY IT, giving up when they only eat a roll.

"Cultivating a Gratitude Habit for Improved Well-Being"

Psychology Today

Link [HERE](#)



## History of Gratitude

"The subject is something that has interested religious scholars and philosophers since ancient times. Research on gratitude didn't take off until the 1950s, as psychologists and sociologists began to examine the impact that gratitude could have on individuals and groups. Since then, interest in the topic has grown considerably as the potential health benefits became increasingly apparent." (VeryWellMind)

## Quote of Note

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.  
-John F. Kennedy



## We Heart Kids!



### Hollywood Christmas Parade

When: November 26th, 6-8pm

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