

# RFC WELLNESS NEWSLETTER

## HEALTH is Mental Health

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

INSIDE THIS ISSUE:

### \*Watch Here



### May is...

Mental Health Awareness **MONTH\***

[Link \\*HERE](#)

## Pose of the Month

### *Bridge Pose*

### About the Pose

#### What is Bridge Pose?

- Bridge pose promotes spine mobility

#### How does Bridge Pose work?

The pose opens chest and shoulders.

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

- Can improve posture
- May relieve back pain
- Stretches various parts such as glutes, shoulders and abdomen.

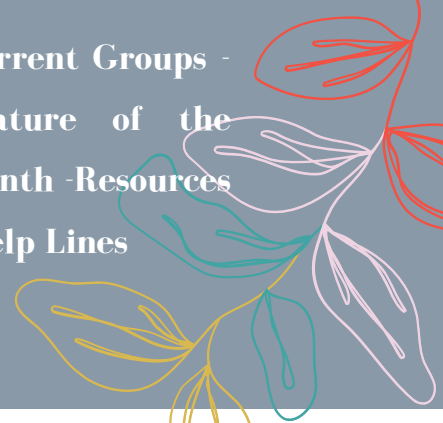


### Step by Step

- Come to lie on your back.
- Bend your knees and place the soles of your feet flat on the mat close to your buttocks.
- On an inhalation, press into your feet to lift your hips toward the ceiling.
- Roll your shoulders under your body one at a time to support the opening of your chest. You can clasp your hands behind your back if you choose.
- Lower down and repeat the Bridge twice more

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## 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 Cole, AMFT

### Read this Poem on Mental Health

## The Pathways of your mind

By Julian Barker

Our thoughts are pathways in the mind. Well-trodden pathways are easy to continue along. We know their way. We know their destination. If that is not a good place, we need to find a way off the path. Create a crossroad in the path. Decide to take a different way.

Link Article [HERE](#)

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

"The best vacation I ever took was a trip to Disney World with my family after I graduated from college. My mom had always wanted to take me and my brother, and we had so much fun exploring the parks together for the first time."

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

"I'm an early bird! I love going to sleep as early as possible."

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

"My favorite self-care activity is putting on a podcast or blasting some music on my drive home. It's my favorite way to decompress and shift out of "work mode."

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

"My favorite age growing up was probably when I was about 8 or 9 years old - I remember loving my teacher and having a great group of friends in my class."

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

"One of my favorite holiday traditions is eating cinnamon rolls for breakfast on Christmas morning. My family has had this tradition for as long as I can remember, and it always makes Christmas feel a little extra special."

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

"The best advice I've ever been given is to not let my fears get in the way of trying new things and doing what I want to do."

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

"The best thing about working at RFC is absolutely the people! I am so grateful to be surrounded by so many compassionate people who are always there to provide support and guidance."

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

"Not yet, unfortunately! I'm still waiting for inspiration to strike."

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

"I really didn't like avocado when I was younger, but now I love it and add it to anything I can!"

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

"I'm a bit behind on this one, but I recently watched the Lego Batman movie and loved it - it's full of silly jokes and heartwarming moments."

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

"I can never say no to a classic chocolate chip cookie (ideally with a sprinkle of sea salt on top)!"

### ONE TO WATCH



"What is Memorial Day?"  
Watch Free: [Here](#)

### RFC Library Pick

"Progressive Muscle Relaxation" with  
Juliette Horwitz, 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

### BEST Tips to Take Care of your Mental Health

- Get regular exercise (at least 30 min a day)
- Eat Healthy regular meals, stay hydrated. (Pay attention to caffeine intake as well as alcohol)
- Make sleep a priority. (Reduce blue light exposure before bed)
- Engage in relaxing activities ( meditation, yoga, reading, breathing exercises, listening to music)
- Set goals and priorities (Learn to say no)
- Practice Gratitude (at night think about what you are grateful for for the day)
- Focus on positivity (identify your negative thoughts and challenge them)
- Stay connected (reach out to family and friends who can offer emotional and practical support)

Article [-HERE](#)

## TED

Ideas Worth Spreading

### You Can Be Happy Without Changing Your Life | Cassie Holmes



Watch [HERE](#)

## "Tweety" Read



Follow

Telling a mom to relax while her family does everything on Mother's Day is like telling a pilot to relax while the passengers fly the plane

"Navigating Complex Emotions on Mother's Day"

Psychology Today

Link [HERE](#)

## What is Mental Health?

"Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood."(CDC)



We Heart Kids!

Fiesta Hermosa

When: May 25th-27th in Hermosa Beach

Info: [HERE](#)

## Quote of Note

"HAVE PATIENCE WITH ALL THINGS, BUT CHIEFLY HAVE PATIENCE WITH YOURSELF..."

-Saint Francis de Sales



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

### **Interested in joining our groups?**

Check out our website and call our receptionist, Citlali, to register @ (310)970-1921

## Resource

### **Food Bank Locator Website - [HERE](#)**

351 East Temple St. Los Angeles, CA 90012  
**American Veteran Inc.**  
(Tel: 213-324-3333)  
(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