



RFC WELLNESS NEWSLETTER

Health is Wholeness

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

By Cleandra Martin Waldron, MFTT

Watch Here



March is ...

Women's History Month* - Link [*HERE](#)

International Women's Day, 3/8* -

Links [*HERE](#) & [*HERE](#)

Pose of the Month

"Butterfly Hug" Pose

Cross Your Arms & Calm Your Heart

Step by Step:

1. What is the Butterfly Hug Technique?
 - a. Butterfly hug is a simple technique that can help to reduce stress and initiate a more relaxed response in the body. This technique was developed by the research-supported model called EMDR THERAPY. Check out the international EMDR THERAPY website. Link [HERE](#). EMDR is a research-supported treatment for PTSD - See American Association of Psychotherapy Website. Link [HERE](#).
 2. How Does Butterfly Hug Work?
 - a. The butterfly hug uses slow **bilateral stimulation** to help soothe difficult emotions and to provide stress reduction.
 3. What is Bilateral Stimulation?
 - a. "Bilateral stimulation refers to sounds (usually tones from a headset), visual movements (following a moving object back and forth across the perceptual field) or kinesthetic cues (**tapping**) which require tracking by the eyes, ears, or body." Article [HERE](#)
1. Bend your elbows.
 2. With elbows bent, hold your hands at eye level with your palms facing your face.
 3. Cross your arms to form an X with your forearms and hook your thumbs together.
 4. Think of your thumbs as the head of the butterfly and your other fingers as the wings of the butterfly.
 5. Place your butterfly on your upper chest.
 6. Think of what is disturbing you, then start **tapping** the wings of the butterfly, **slowly** alternating each wing. Go **SLOW** with the tapping. Repeat about 6 to 8 times then STOP. **By: Juliette Horwitz, MFTT**

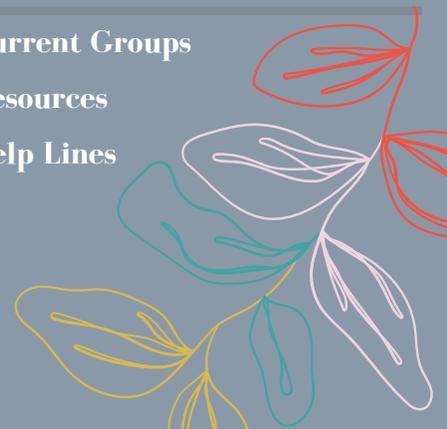
Watch Here

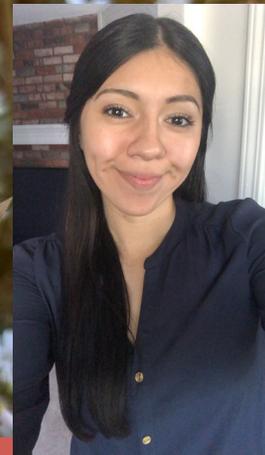


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Interview with:

Estefani Crisostomo
School-Based Therapist

11 Questions

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

Mindfulness Exercise of the Month

- Ocean Mind -

- Sit or lay down in a safe comfortable space. Maybe turn your phone on silent and tell your family/roommates that you will be "back" in 5 mins.
- Sit with your back to the wall or chair and make sure you feel safe and supported by the floor or chair underneath you.
- Either close your eyes or let the focus of your vision become "soft" as you stare at something in front of you.
- Breathe in and out and listen to the sound of your breath.
- Begin to breathe out of your mouth like you were blowing "fog" onto a mirror or to clean glasses. Hear the "ocean sound."
- Continue to breathe in and out like this, hearing the ocean sound of the breath as you exhale.
- Begin to notice the thoughts that might pop into your mind.
- Maybe a thought pops in about work/school, or a memory.
- Imagine that you are sitting on a beach and the thought is written on the sand by the shore.
- The next time you breathe out, imagine a wave washing the thought off the sand on the beach. The sand is clean again.
- Repeat with each new thought.
- Breathe in and out and let your breath wipe each new thought away. ***Try for 5-10 mins.

1. What's the hardest part about working virtually for you? What's the best part?

"The hardest part is sticking to my limits since working from home allows for more flexibility regarding scheduling with clients. The best part is being able to take my breaks in my backyard hearing the birds chirping and kids playing!"

2. Are you an early bird or night owl?

"Definitely an early bird! My body cannot stay in bed past 7am."

3. What is your favorite self-care activity?

"I love going on nature hikes (waterfalls, mountains, beaches, any trail really) and working out in the mornings."

4. What is your most-used emoji? ❤️

"I use the pink heart most often."

5. What is your favorite holiday?

"I love the winter season since Christmas, New Year's, and Dia de Reyes are all back to back! 'Dia de Reyes' translates to 'King's Day' and is such a fun tradition in which we gather to cut an oval looking ring cake with hidden baby Jesus figures. Those who find the figures are to host the invitees 3 weeks later with tamales."

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

"The best piece of advice I've been given is to "love what you do," whether that is work, volunteer, family interactions, etc. Growing up, I got pushed to pursue a career that would make me wealthy but as I prepared for college, I had some amazing mentors that reminded me about the importance to love what I do. That way going to work doesn't feel like a burden, but instead it fills me with joy to live out my purpose in life. I haven't always had the luxury of loving my jobs, sometimes there's bills to pay, but I'm incredibly fortunate to be here now!"

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

"I love the supportive environment on an academic and personal level! I have made some amazing friends through RFC."

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

"Nope!"

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

"I used to hate liver with potatoes! Well, mostly the liver. I do not remember the last time eating it, so I still hate it!"

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

"One of the best movies I've seen is Instant Family which narrates the life of foster parents loving on their children as they navigate the foster care system. This movie always makes me cry!"

11. What is your favorite dessert?

"My favorite dessert is a Mexican treat called tostilocos, which are made of a bag of semi-spicy chips covered with cucumber, jicama, Japanese peanuts, lemon drops, tamarind candy, chamoy, and salsa Valentina. I like adding mango instead of cueritos."

RFC Library Pick

Stretches w/ Rebecca Hotzel, LMFT

Link:
Here



Want to watch this amazing video?
Text or Email - Oscar "RFC LIBRARY PW"
To receive the log-in password to the
new "RFC Resource Library!"

ONE TO WATCH



"Knives Out"

Trailer: [HERE](#)

Recommended by:
A.C. & O.J.

BTW!!! ZUMBA (Virtual) IS BACK-
Fridays 5-6pm
Call Oscar today to grab a spot



my heart was broken.
you rded t.

Healthy Habit

- Move Your Body Every Day -

Research says, "Moving your body not only improves cardiovascular health, it improves cerebrovascular (brain) health. A wide range of recent studies have found that exercise improves brain function, structure, and connectivity. These brain improvements are directly linked to improved learning, memory, and cognitive function." Article -

[HERE](#)

They also state: "**Physical activity has also been proven to be an effective treatment for depression, anxiety, insomnia, ADHD, and a wide range of other psychological maladies.**"

Research proves that our mind affects our body AND our body affects our minds. Amazing! And... "Regular physical activity improves your odds of "healthy aging" by 7x. Article - [HERE](#)

How much do we need a day? The Mayo Clinic recommends just **30mins or 3x10min** walks around the block. Article [Here](#)

TRY THESE TODAY!

* NY Times- "7 Min Workout" - [HERE](#)

*LA Times - "A workout for every age and attitude" - [HERE](#)

TED

Ideas Worth Spreading

A Woman's Fury Holds Lifetimes of Wisdom - Tracee Ellis Ross



"Tweety" Fierce



"Here's how I'm going to beat you. I'm going to outwork you. That's it. That's all there is to it." -Pat Summitt

The Spectrum of Self-Care

The "Self-Care Dare" seems to be everywhere right now. Self-care is definitely having its "moment." Friends ask, maybe your therapist asks, "And what are you doing for self-care at the moment?" This can be a helpful reminder but, for some people, it can feel overwhelming. "Oh, no! I haven't done XYZ today or even this year!"

Healthline article available [HERE](#)

Self-care is as unique as the people who use it. There is no right or wrong way to practice self-care!

Try THIS:

Take the pressure off the *idea* of self-care. Do you brush your teeth? Why not light a candle and make a moment out of this healthy grooming habit. Doing the dishes? Why not play some music in your headphones or on your phone and dance the dishes off their "feet." Self-care is not always about bubble baths or long walks on the beach (although if you can and that's what helps you, that's great too). Maybe self-care is more about the "SELF" or "YOU?" So... maybe it could be whatever you want or have the time for? Maybe start small? Breathe in: 1,2,3...and out 1,2,3...That was it. **A moment of radical self-care!** Perfect!

We Heart Kids!

"Stop, Think and Breathe with Bulldog."

Video Link [HERE](#)



Quote of Note

"This was the last astronaut job that was not (yet) done by a woman. Now with this milestone we can focus on the fact that what is important to succeed in life, it does not matter whether you are a man or a woman." —Ellen Ochoa, First Hispanic female astronaut



RFC Current Groups

Please call Oscar 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 for 18+ (\$18/class) - TUE @ 6-7 pm (15 week curriculum) [online]
- Anger management class for 18+ (\$18/class) - THUR @ 7-8 pm (15 week curriculum) [online]
- Manejo de la ira para adultos 18+ (\$18/clase) - MARTES @ 7-8 pm (Clase por 15 semanas) [virtuales]

Health & Wellness/ Alud & bienestar [online/virtuales]

- Stress management - FREE - THURSDAY @ 6-7 PM [online]
- Grief group - 18+ FREE - MON @ 7-8pm [online]

Children & Adolescents/Niños & adolescentes [online/virtuales]

- Adolescent anger management for ages 13-17 yrs FREE - WED @ 5-6pm (15 week curriculum) [online]
- Teen talk for ages 14-17 (FREE) - THUR @ 4-5 pm [online]

Resources

Food Bank Locator Website - [HERE](#)

American Veteran Inc.

351 East Temple Street, Los Angeles, CA 90012

Tel: 909-534-5953

(Hrs: Mon-Fri 9AM-3PM)

Open Door Skidrow Ministries

419 E. 6th Street, 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](#)

Hotlines

National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255) or

[Live Online Chat](#)

Love Is Respect

Safety in Relationships

Call 1-866-331-9474

Veterans Crisis Line

Call 1-800-273-8255 and Press 1

Text 838255, [Chat online](#)

Los Angeles LGBT Center

Center South

Call 323-860-3799



Department of Children and Family Services

Child Protection Hotline

1-800-540-4000