

January 1, 2021

Word for YO Wellness

A Newsletter by the Pandemic Wellness Coalition

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The Word

Rest

Winter appears to be finally settling upon us here in Yosemite Valley. Cold nights and wet skies refuse to be ignored, and they bring with them tidings of snow-covered granite walls and icy pathways. The time has finally come to bundle up, allow the frigid air to invigorate new life into your lungs, and warm yourself at home through the night. The call to go inward is perhaps stronger now than ever; the months following the holidays tend to take a toll on social energies, and replace them instead with a call for recluse and rest.

Rest can all too often be referred to as a negative thing, and words can be thrown around like “useless” and “lazy,” but this is not always the case. Darker skies typically call for rest from a place deep within us — it is in line with our own circadian rhythms, our environment telling us that it is time to take delight in slumber or dormancy. Trees are not so different: their own circadian rhythm informs them to cut off the nutrient supply to their leaves when daylight is offered in short supply so that they, too, may rest and conserve their own resources. Thanks to this phenomenon of nature—the changing and shedding of leaves—we are gifted an amazingly beautiful and appropriately named “fall”, followed by a stunningly barren winter that offers the tree’s branches a fresh canvas to begin anew in the spring.

There is a word in yoga that I feel fits this call to recluse perfectly: “pratyahara,” or withdrawal of the senses. The goal with pratyahara is to minimize that which you are taking in from the world around you, and instead bring all of your awareness inward. Pratyahara is best practiced in a quiet space (although, with practice, it can be quite useful during trips to the city!), and can be done in a seated or laying down position, or even while stretching if stillness proves difficult. Then, one can close their eyes and imagine the world shrinking until nothing exists but themselves in space. I highly recommend cultivating this practice in response to a busy mind, or maybe when you feel down on yourself for taking a sabbatical from the outside world. Take delight now in rest, allow yourself to surrender to it, and spend the day with it as you would a friend. One of the best offerings of the season is the call to rejuvenate and shed old layers that will come to fertilize your inner soil. Just like the trees, use this time to become your own blank canvas.

By Jetta Blaine

Word for Yo' Wellness is brought to you by the Pandemic Wellness Coalition, an employee resource group (ERG) with members from many of Yosemite's park partners and hosted by the National Park Service. Look for our newsletter the first and fifteenth of every month. Each issue includes recipes, articles, community submissions, special events and more from your fellow park locals. Have a special request or an art submission? Contact yos.communitybuilder@gmail.com for more information!

Upcoming Events

New!

Activities you can do from home, anytime, anywhere.

Check out our yoga and meditation videos on the Yosemite Community Builder YouTube channel.



Wednesday Night Yoga

Led by Jetta Blaine

Every Wednesday
5:30–6:30pm

NEW ZOOM INFO

zoom.us/join
Personal Meeting ID: 206 626 9920
Passcode: wellness1

Lifestyle Series

Led by Jetta Blaine

A series on everyday lifestyle practices to live a more healthy and fulfilling life, inspired by the ancient yogic principles of the Yamas, Niyamas, and Ayurvedic Medicine. Every 2nd and 4th Tuesday.

January 12th & 26th
5:30–6:30pm

zoom.us/join
Personal Meeting ID: 206 626 9920
Passcode: wellness1

Creating a Self-Defining Mission Statement

Led By Jetta Blaine

Use affirmations and goal-setting to help put you in line with your life vision.

Tuesday, January 19th
5:30–6:30pm

zoom.us/join
Personal Meeting ID: 206 626 9920
Passcode: wellness1

Mental Clarity Workshop

Led by Jetta Blaine

Learn tools to clean out mental static and reduce stress

Monday, January 25th
5:30–6:30pm

zoom.us/join
Personal Meeting ID: 206 626 9920
Passcode: wellness1

Virtual Creative Collective Art Sessions

In Partnership with the Center for Creative Arts Therapy, this 4-part series is a space to create art and connect. Each week will have a different theme based in mindfulness and Self-Care. All levels welcome. Basic supplies needed are paper, pen/pencil, markers, color pencils, paint is optional.

Led by Jamie Gonzales

Every Friday
January 8, 15, 22, 29
5:30–6:30pm

zoom.us/join
Meeting ID: 870 7884 7919
Passcode: wellness1

Wellness Programs

On Demand!

Led by Jetta Blaine

On YouTube, search for the Yosemite Community Builder channel to find the following programs.

- Lifestyle Series
- Desk Stretch Sequence
- Pulsing Meditation
- Wednesday Yoga

Community Chat

Led by Jenni Buczko, Jetta Blaine, and Erin Callahan

Community Chats are for gathering together to check-in and connect. These are peer-led by different facilitators and are meant to foster in-person community and well-being.

Thursday, January 14th
6:00–7:30pm

zoom.us/join
Personal Meeting ID: 990 6911 3247
Passcode: 12345

Community Ambassador - Open Forum Brainstorm -

Led by Jamie Gonzales

Do you have any ideas that can contribute to the health and wellness of the Park? This open format discussion will be a space where you can share your own ideas.

Tuesday, January 12th
1:00–2:00pm

zoom.us/join
Meeting ID: 206 626 9920
Passcode: wellness1

Saturday HIIT Workout

Led by Nina Listro

Get your blood pumping every Saturday morning with a high-intensity interval training (HIIT) workout! No equipment needed, just an exercise mat if you have one. All ages and ability levels welcome.

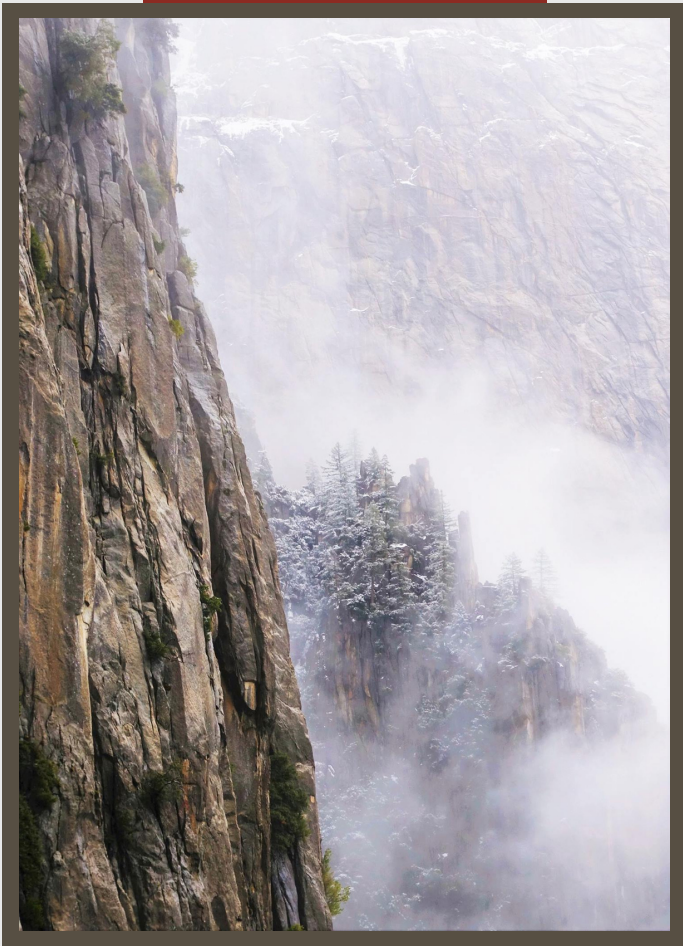
Every Saturday
9:00–9:45am

zoom.us/join
Meeting ID: 826 3446 5078
Passcode: 790932

To protect the health of ourselves and our community, all events are being hosted online. Visit www.yoscommunity.com/events for direct event links and event updates.

Community Submissions

Ryan Kirtland
Between Storms



Wabi Sabi

"flawed beauty,"
how you wear your cracks like adornment
arms spread open to display the shattered
interior
molded over and over again and again in gold and red
The colors of kings
inlaid in the medley of pieces pulled away from
each other
inviting others to use you
to provide new places for your paint and enamel to
protrude
welcoming new disaster to reinvent the whole
into a more complete portrait
You embody the highs and lows
embrace fractures and growth
How we long for you
to hold you long enough to see you change
That maybe we embrace our own paints
and display ourselves as unique wholes of a
disrupted being
All the same, we shatter when you break anew
that we may never see the piece we loved again
though there may be flashes of the porcelain we
coveted on the pedestal. When we were still
scared to touch you

By Taylor Robbins

For a chance to feature your personal artwork, poetry, articles, or short stories in our newsletter, please send your submission to yos.communitybuilder@gmail.com

Wellness News

Recipe

For Yo Wellness

This month's ingredient:

LEFTOVERS

Glorious, holiday leftovers. Despite your best intentions, you always seem to end up with far more than you can possibly eat in the week following the holidays. But that's no reason to let them go to waste! With a little creativity, leftovers can be easily incorporated into a variety of delicious, nutritious meals to warm up the cold winter days ahead.

Leftover Turkey Soup

Makes 2 - 3 servings

4 cups organic chicken broth
2 cups leftover turkey (light or dark meat), roughly chopped or shredded
2-3 carrot sticks, peeled & sliced into rounds
2 ribs celery, diced
1/2 medium yellow onion, chopped
2-3 cloves garlic, chopped
1/2 cup brown rice
Dried herbs to taste (parsley, rosemary, thyme)
1 dried bay leaf
Salt & pepper to taste
Leftover mashed potatoes (optional)
Leftover vegetables (green beans, Brussel sprouts, etc., optional)

1. Combine all ingredients except potatoes and pre-cooked veggies in soup pot.
2. Bring to boil, then simmer for 45 minutes or until rice is cooked.
3. If a creamy soup is desired, stir in 1/4 cup of leftover mashed potatoes until thickened.
Alternately (or additionally) add leftover gravy to thicken.
4. If adding pre-cooked leftover vegetables, add them at the end so they don't get overcooked and mushy.

10 Tips To Be Happier And Make 2021 Your Best Year Ever

1. Focus on the upside of a downside situation

When there are so many incidences of devastation, fear and heartbreak, it's natural to focus on the downside of the pandemic. But we can balance that out with how it's brought people together, volunteering and helping one another and strengthening the whole idea of collective selflessness. What upsides can you name

2. Pinpoint the opportunity in the difficulty

Ask, "How can I make this situation work to my advantage? Can I find something positive in it? What can I manage or overcome in this instance?" During the pandemic, for example, we can use times of self-isolation for self-reflection and think about the direction we want to take in the new year. What opportunities do you see?

3. Frame 2020 as a lesson to learn, not misery to endure

Ask what you can learn from the difficulties of 2020 and use them as stepping-stones, instead of roadblocks. Think of the adversities of 2020 as happening for you instead of to you. If you consider this perspective less taken, what has 2020 taught you that you can take into 2021?

4. Practice gratitude

Look beyond the fear, loss and disappointment at the big picture. Take an inventory of your life and include all the things the pandemic prevented you from doing that you once took for granted. And consider all the people and things in your life that you're grateful for, letting gratitude steer you beyond the gloom and doom. What are you grateful for?

5. Be chancy

Take small risks in new situations instead of predicting negative outcomes before giving them a try. "If I ask for a shot at the promotion, my boss might laugh in my face" becomes "If I ask for a shot at the promotion, my boss might think I have guts and ambition." How can you stick your neck out at work in the new year?

6. Avoid blowing a situation out of proportion

Don't let one negative experience rule your whole outlook: "I was supposed to get a promotion until the pandemic; now that everything's on hold, I'll never advance in my career" becomes "Things are on hold for a while, but nothing lasts forever and there will be other pathways to success." What limiting situations can you minimize and overcome in 2021?

7. Focus on the solution, not the problem

You'll feel more empowered to cope with pandemic curve balls when you step back from the problem and brainstorm a wide range of possibilities. Your negativity bias will direct you to zoom in and focus on the problem. But when you broaden your perspective, your wide-angle lens will help you see potential in the big picture. What possibilities do you see for 2021?

8. Practice positive self-talk

During tough times, be as kind to yourself as you would your best friend. Underscore your triumphs. Replace bludgeoning yourself and using put-downs and criticisms with the practice of self-compassion. Affirm positive feedback instead of letting it roll over your head. Give yourself "atta-boys" or "atta-girls." Throw modesty out the window, and remind yourself of all your personal resources. What are your strengths?

9. Practice Solitude

Solitude is good for the soul. It takes you out of the rat race for a while, gives you a bird's-eye view of your daily life and replaces chaos with serenity. Spend a minimum of five minutes a day alone. Meditate, pray, practice yoga or contemplate nature and connect with something larger than yourself for inspiration and peace of mind. What type of solitude can you practice?

10. See a fresh start contained in loss

Every loss contains a gain but you have to look for it. Every time you get up just one more time than you fall, you increase the likelihood of scaling hard times. Baseball great Babe Ruth said, "It's hard to beat a person who never gives up. Every strike brings me closer to the next home run." What endings in 2020 contain new beginnings in 2021?

From the Forbes article "10 Tips To Be Happier And Make 2021 Your Best Year Ever"
<https://www.forbes.com/sites/bryanrobinson/2020/12/26/how-to-be-happier-and-make-2021-your-best-year-ever/?sh=2bf4f8245a25>

Activities

21 goals for 2021

Activity inspired by Laura Jackson

While setting New Year Resolutions may be a tradition, most people drop them by February. Setting small achievable goals throughout the year can help you stay on track.

Journal

Use the template to set new goals.

Start with one.

Give yourself a reward if you can list 21.

Give yourself a **bigger** reward if you achieve all 21 by the end of the year.

"A goal is not always meant to be reached; it often serves simply as something to aim at." -Bruce Lee

Name _____

Steps to reach my goal:

1.

2.

3.

My Goal _____

Goal start date _____

3 things that will help me reach my goal:

1.

2.

3.

3 things currently blocking me from achieving my goal:

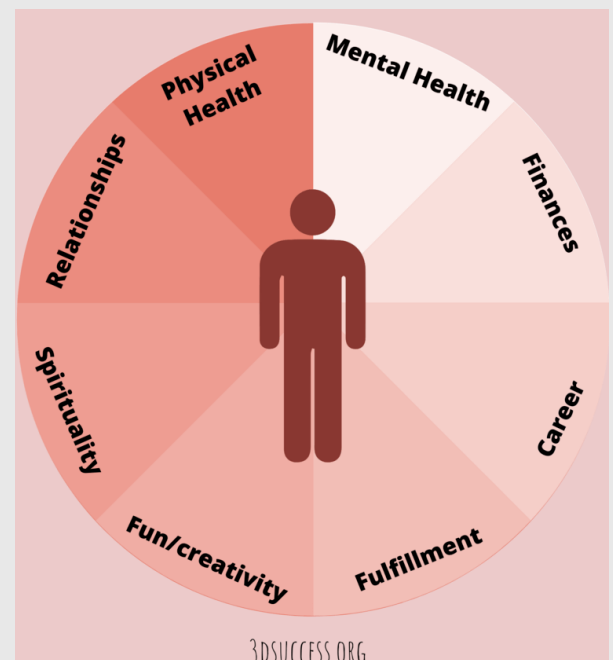
1.

2.

3.

I'll know I met my goal when:

Add an art twist with a Vision Board



On a piece of paper, design your own wheel of life or a vision board based on these 8 categories.

For more Goal Setting Templates visit:

<https://onplanners.com/templates/personal-goal-setting>

For Vision Board Examples visit:

<https://www.carrieelle.com/vision-board-topics/>

Resources



PRESS PAUSE.

Spend more time at home.
Limit travel outside of Mariposa County.
Limit interactions with those outside of your household.
Wear your mask.
Wash your hands.
Practice social distancing.

Mariposa County
Health & Human Services Agency



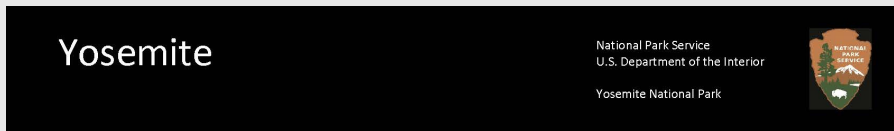
Stay home if you are sick!



KEEP YOUR FRIENDS, COWORKERS, AND COMMUNITY SAFE!

Staying home when you are sick can stop the spread of disease and keep others healthy.


Mariposa County
Health & Human Services Agency



Yosemite

National Park Service
U.S. Department of the Interior

Yosemite National Park



Yosemite Community COVID-19 Vaccine Bulletin 12/29/2020

In preparation for COVID-19 vaccinations, Yosemite is asking **all partner employees and community residents** to fill out an electronic response form. The form seeks to identify all partner employees and community residents interested in the vaccine, their age brackets, and their work groups. NPS employees have access to a separate form through their government email.

Responses from this form will only be seen by Yosemite medical providers for scheduling of vaccinations. Availability of vaccine may be limited and distribution will be determined according to California Department of Public Health guidelines.

Access the form with the QR Code shown here:



Please note:

- The form can be filled out on behalf of other people, if they need computer assistance.
- You may resubmit at any time to reflect any personal updates or changes.
- Submission of this form is voluntary and does not guarantee a vaccine.
- The vaccine, if made available to you, will be free of charge. Medical insurance, when available, will be collected. There is no copay.
- Info and text link for this form can be found at www.yoscommunity.com/yossecovid.
- Questions? Please email Yosemite_IMT@nps.gov or call the clinic 209/372-4367

An electronic version of this newsletter and other community resources are available at:

www.yoscommunity.com

Resources

Yosemite Medical Clinic
209-372-4637

Mariposa County Health & Human Services
24-hour Crisis Hotline
209-966-7000

Crisis Text Line
Text 741741



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255 (TALK)

National Suicide Prevention
<https://suicidepreventionlifeline.org/>



Veterans Crisis Line
1-800-273-8255 **PRESS 1**

Veterans Crisis Line
<https://www.veteranscrisisline.net/>

Alcoholics Anonymous
Mariposa & Sierra Foothill Chapter
24 Hour Hotline
209-966-3110
<http://www.aamariposafellowship.org>

Coronavirus Sanity Guide
<https://www.tenpercent.com/coronavirus/sanityguide>