

# NEWSLETTER

## For Better Wellness

### **Coming Events:**

#### **Guided Meditation and Yoga**

Enjoy relaxing yoga and find clarity through meditation

#### **Community Chat**

Peer-led groups for all community members

#### **Allies Dialogue**

Navigating safety and connection during COVID-19

**\*\*10 Person Limit Per Group\*\***

See calendar on pages 4 & 5



### **Pandemic Mental Wellness**

This bi-weekly newsletter is brought to you by the Pandemic Mental Wellness Resource Group, a coalition of Yosemite community members from the National Park Service, the Yosemite Conservancy, and Yosemite Hospitality. The Coronavirus pandemic has taken a particular toll on our small community, and many of us are struggling with feelings of stress, anxiety, and uncertainty.

Our group aims to support the Yosemite community during this time of change by providing resources and activities that promote connection, health, and wellness. Stay tuned for new articles, artwork, and events like yoga, meditation workshops, nature walks, and more! Feedback or suggestions? Visit us at [yoscommunity.com](https://yoscommunity.com).



## Benefits of Doing Yoga

- Relieves Anxiety.
- May Reduce Inflammation.
- Could Improve Heart Health.
- Improves Quality of Life.
- May Fight Depression.
- Could Reduce Chronic Pain.
- Could Promote Sleep Quality.

Retrieved from Healthline

## Meditation Resources

### 10 Minute Guided Meditation:

<https://www.clarityseminars.com/wp-content/uploads/2012/06/Meditation-2-10-minutes.mp3>

### 30 Minute Guided Meditation

<https://www.clarityseminars.com/wp-content/uploads/2012/06/Meditation-1-30-minutes.mp3>

## Fall/Winter Tips:

With colder weather and flu season approaching, it's a great time to focus on your health. These articles provide some great tips and fun recipes to work towards building your immune system. Investing in a blender can unlock the potential to make smoothies, juices and immunity boosting 'shots.' Getting regular exercise and eating right can have limitless health benefits. Hopefully the articles provided can inspire you to create your own immunity building recipes!

### *How To Boost Your Immune System Recipes*

How can you improve your immune system? On the whole, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and boost your immune system? What if you improve your diet? Take certain vitamins or herbal preparations? Make other lifestyle changes in the hope of producing a near-perfect immune response?



<https://www.health.harvard.edu/staying-healthy/how-to-boost->

### *26 Immune Boosting Recipes*

During these times of increased focus on immune health, we're hoping to do our part by sharing immune-boosting recipes. We've compiled our favorite beverages, dips, sides, and mains to help you feel healthy & nourished

<https://minimalistbaker.com/26-immune-boosting-recipes-plant-based/>



# How to Cope With Change

- **Overcome Mental Barriers**

The key to mental agility and not falling into an anxiety spiral is to remind ourselves that it's okay to switch gears. One way to achieve this mind-set shift is to use a technique called temporal distancing. Temporal distancing is like having access to your own personal mental time machine where you can transcend the here-and-now and visualize the future. One suggestion is to close your eyes and ask yourself: "In 10 years, how will I want to remember telling the story of how I responded to this crisis?"

- **Don't Underestimate Your Ability to Adapt**

Instead of getting stuck in a thought-loop of what could have been, it is recommended we "zoom up" and look at what's going around us.

The bottom line: A big part of stretching our mental flexibility comes down to accepting that what we thought we knew was unknowable to begin with.

- **Take Action No Matter How Small**

When faced with unexpected change, taking immediate steps to improve your situation can help you quickly switch gears. It's good to start small.

One strategy is to approach planning the way a scientist would; by conducting small experiments.

- **Reframe Your Situation**

Many of us set intentions and made assumptions at the beginning of the year and were devastated when the majority of these plans fell apart. But according to experts, changing the way we view these experiences can help us focus on growth. "Reframing unexpected change is saying, 'I can learn from this and hopefully my future will be better from it,'" said Benjamin Hardy, Ph.D.

It also helps to know this is happening to every person in the world.

"This is the very best time to practice proactive communication, to practice updating our plans and having a flexible mind-set," he said.

Another strategy to cope with the constant shifting of our lives is to embrace the psychological concept of hardiness, or "transformational coping," which teaches us to perceive stressful life events less as threats and more as opportunities for personal development. Choosing courage over our sense of powerlessness is what ultimately helps us cope with sudden change, and allows us to foster more empathy and meaning.

Read full article here:

<https://www.nytimes.com/2020/09/07/smarter-living/how-to-cope-when-everything-keeps-changing.html>



## For More Information:

### What is Mental Health?

<https://www.mentalhealth.gov/basics/what-is-mental-health>

### Get Immediate Help:



<https://www.mentalhealth.gov/get-help/immediate-help>

### National Suicide Prevention Lifeline



<https://suicidepreventionlifeline.org/>

### Veterans Crisis Line



<https://www.veteranscrisisline.net/>

# October Events

## *What Is Community Chat?*

Communication is an important part of mental health. Discussing one's worries, anxieties, and troubles can be a cathartic experience. It can help improve one's mental health knowing we are not alone by creating a strong support group which can ease these feelings of uncertainty and isolation many of us have encountered this pandemic.

Please join us in a community chat, a peer-led group for all community members that will take place at the following dates and locations:

- October 15th, Yosemite National Park Meet at the Picnic tables at Church bowl from 5:30 to 6:30 led by Jenni Buczko
- October 21st, Mariposa NPS Building Parking Lot from 5 to 6:30 p.m. led by Jenni Buczko
- October 27th, Yosemite National Park at Churchbowl Picnic Area from 12 to 1:30 led by Jetta Blaine

In order to fall within COVID-19 guidelines, all activities will be capped to the first ten arriving participants.

Please Bring something comfortable to sit on

## *Guided Yoga and Meditation*

Yoga and meditation have shown to reduce stress and anxiety levels, increase patience and tolerance, and improve sleep - all important things during a pandemic! We understand people may be unable to join our live classes at the moment, so we will provide various yoga and meditation resources in each newsletter (see page 2 sidebar). Please join us for the following guided meditation sessions:

### **Guided Meditation**

Naturalist Meditation Walk Tuesdays at Superintendent's Bridge (across from the chapel) at 5pm.

Thursdays at the Yosemite Valley Auditorium beginning October 22nd. Classes will be held in three sessions, and will be outdoors if weather permits.

Session 1 @ 1:15

Session 2 @ 2:00

Session 3 @ 3:15

In order to fall within COVID-19 guidelines, all activities will be capped to the first ten arriving participants.

To schedule private yoga or meditation classes for your work unit, contact [yoscommunitybuilder@gmail.com](mailto:yoscommunitybuilder@gmail.com)

## October Events (cont'd):

### *What Is Allies for Inclusion?*

“Allies for Inclusion uses facilitated dialogue to enable each person to see bits and pieces of their story/experience in that of another (or the perceived “other”). The goal is to create a safe environment for participants to consider other perspectives and generate mutual understanding” (nps.gov).

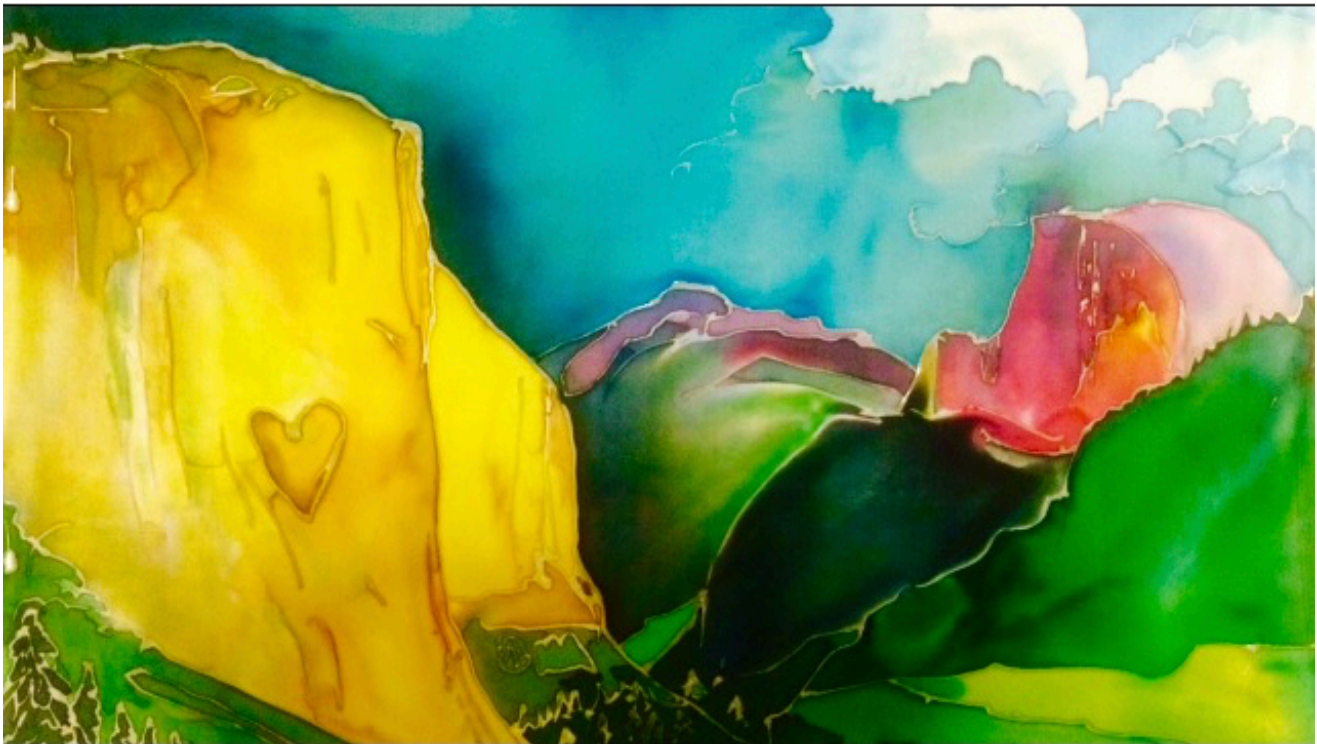
Join us for an Allies Dialogue with Jenni B on the following dates:

Thursday, October 22nd at 5:30 pm at Churchbowl Picnic Area

Thursday, October 29th at 5:30 pm at Churchbowl Picnic Area

Please bring something to sit on and remember to layer up!

## Community Submission:



Artwork by Jennifer Buczko

For a chance to feature your personal artwork, poetry, articles or short stories in our newsletter, please send your submission to [yoscommunitybuilder@gmail.com](mailto:yoscommunitybuilder@gmail.com)