

February 15, 2021

Word for YO Wellness

A Newsletter by the Pandemic Wellness Coalition

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The Word

Letting Go

So much of what we treasure in Yosemite is ephemeral, meaning "transitory" or "lasting for a very short time." We have a waterfall of glistening "fire" that shows itself for only two weeks in February and a rainbow that only comes alive at night, during the early summer full moon. Even one of Yosemite's most famous and impressive features—Yosemite Falls—disappears for much of the year, returning all the more wondrous in the spring for its absence in the fall and winter.

These phenomena are more sacred *because* they are short-lived: defined by change, they demand centerstage for just a moment, sneaking off before we have a chance to give them a round of applause. In Yosemite, we become acclimated to these little shows and accept the cycle with indifference — it just is. But living with such stark examples of comings and goings has the power to teach us a delicate art that can be cultivated throughout our lives: the art of letting go.

Letting go is not always easy. It can be a difficult, pain-staking process held by the vice grip of how something "ought to be." As humans with hopes and dreams, it can be grueling when things do not work out as planned, or when people leave our lives, or when we are faced with a situation over which we have no control. To compensate, we might cling to things that no longer serve us—unhealthy patterns born of trauma and fear, or relationships that have overstayed their welcome—and end up with far more baggage on our backs than we can bear.

When faced with the challenge of letting go, I take a lesson from the trees. The trees do not cry when they need to shed their leaves and show themselves bare. The trees only take so much snowfall before ultimately dumping their load (sometimes, onto innocent passersby). And sadly, if they are unable to let go, they break under the pressure.

Part of Yosemite's beauty is that it always looks different. It allows itself to be shaped and reformed. Sometimes, this process is slower, like in the way storm clouds cling to the granite before a final goodbye, but other times it is as quick as an avalanche or rockfall. Our processes are similar.

Imagine a state of being that embraces this ebb and flow. Imagine a state of rebirth in your own life, where you emerge more beautiful and refreshed after saying goodbye to patterns that are ready to walk out the door. Wouldn't it be much easier than holding tight? As we transition into a busier time and different season, find gratitude in the lessons learned during periods of difficulty and allow yourself to move on. Like Yosemite Falls, what's meant to be will return when the time is right and all else will gently fall away.

By Jetta Blaine

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.



"Fascia February": DIY Active Fascial Release Series

Lead by Mia Esquivel

Clinical Massage Therapist Mia Esquivel for this 4-week Community Wellness Series, focused on learning DIY techniques and methods for fascial release! Become your own healer as you learn how to unlock tension and gain mobility and freedom in your body.

Every Wednesday in February
6:00pm - 6:45pm

To Register: visit
<http://balancedrock.org/programs/community-yoga/>

Community Brainstorm

Lead by Jaime 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. Pop in for 10 min or the full hour.

Thursday, February 25th
12:30pm - 1:30pm

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

Community Chat

Lead 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, February 18th
6:00-7:15pm

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

Saturday HIIT Classes

Lead 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
9:00am - 9:45am

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

Lifestyle Series

Lead 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.

Tuesday, February 23rd
5:30pm - 6:30pm

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

Monday Balanced Rock Yoga

Lead by Heather Bromberg

Join local Balanced Rock instructors for our online community yoga class! All levels are encouraged to attend, classes are donation-based. These classes are about YOU and your practice, students are always encouraged to modify as needed for their comfort level.

Every Monday
6:00pm - 7:15pm

zoom.us/join
Meeting Code: 819 0173 4818
Passcode: BRYOGA

Wednesday Night Yoga

Lead by Jetta Blaine

Join us for a Hatha Vinyasa flow every Wednesday Night.

Every Wednesday
5:30pm - 6:30pm

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

Gentle Flow Yoga

Lead by Jetta Blaine

A beginner friendly yoga class where we focus on increasing mobility and flexibility. Please prepare your space with a blanket and a pillow.

Thursday, February 25th
5:30pm-6:30pm

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

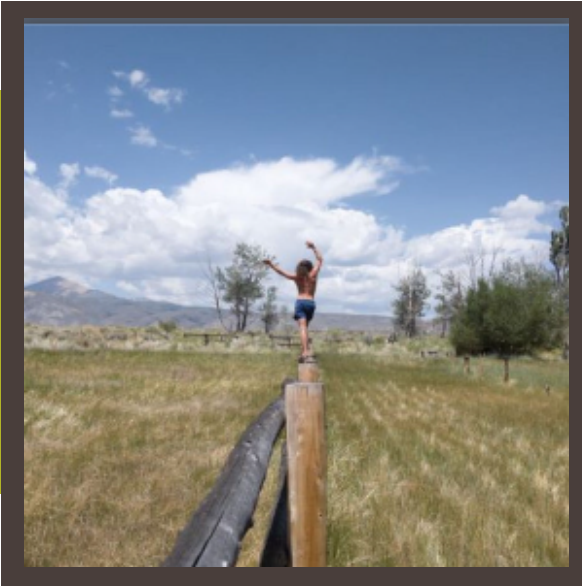
Wellness Programs On Demand!

On YouTube, search for the [Yosemite Community Builder](#) channel to find the following programs:

Yoga For Anxiety
Stress Management Workshop
Lifestyle Series
Wednesday Night Yoga

*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



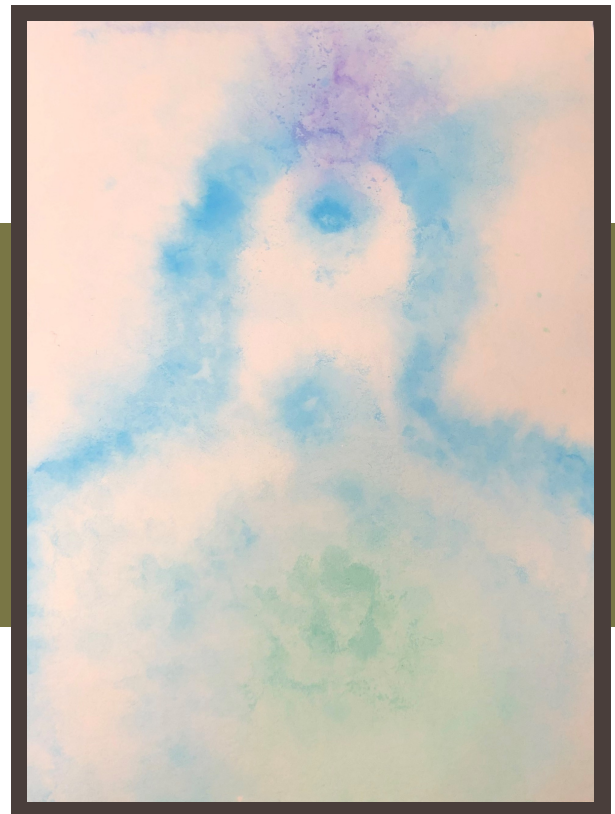
Strength Health Happiness

A podcast by

Owen White

Available on Spotify

Watercolor by Christina Nicole



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:

OATS

Did you know that oats are naturally gluten-free?

While often confused with wheat, oats are a completely different grain – with twice the protein. Most oats, however, are processed in facilities that also process wheat products, so they tend to get contaminated with gluten. If you are gluten sensitive, or are cooking for someone who is, be sure to look for oats that are certified gluten-free (which means they were processed in a gluten-free facility).

Oatmeal Chocolate Chip Cookies

Makes 2 dozen cookies

2 1/4 cups all purpose flour OR gluten-free 1:1 flour

1 tsp. baking soda

1 tsp. salt

1 cup (2 sticks) butter, softened

3/4 cup packed brown sugar

3/4 cup granulated sugar

1 tsp. vanilla extract

2 large eggs

1 cup oats

2 cups (12-oz. package) chocolate chips

1 cup chopped nuts

1. Preheat oven to 375 degrees F.
2. Combine flour, baking soda, and salt in small bowl.
3. Beat butter, both sugars, and vanilla in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition.
4. Gradually beat in flour mixture.
5. Stir in oats, chocolate chips, and nuts.
6. Drop by rounded tablespoons onto ungreased baking sheets.
7. Bake for 9-11 min. or until golden brown. Cool on baking sheets for 2 minutes, then remove to wire racks to cool completely.

Dimensions of Wellness

Adapted from University of California, Davis



Emotional Wellness involves developing an awareness of your feelings and your response to everyday interactions. This awareness allows you to better understand why you are feeling that way and can actively respond to your feelings.

You can foster your emotional wellness by:

- Taking time to yourself to quiet your mind and reflect.
- Seeking or accepting help and support from others when needed.
- Sharing your thoughts and feelings with someone you trust.
- Practicing gratitude.
- Accepting mistakes and learning from them for next time.
- Taking care of your body. Eating, being active, and sleeping – your mental & physical well-being are interconnected.
- Being kind to yourself



Environmental wellness refers to leading a lifestyle that values the relationship between ourselves, our community and the environment. The core principle of environmental wellness is respect—respect for all nature and all species living in it.

Foster your environmental wellness by:

- Picking up trash.
- Spending time outdoors.
- Biking or walking for your commute.
- Using reusable bags and water bottles.
- Being mindful of your water use.
- Recycling.
- Going to the farmer's market.
- Turning off lights and computers.
- Unplugging from technology.
- Donating unwanted clothing.



Physical wellness is the ability to maintain a quality of life that allows you to get the most out of your daily activities without undue fatigue or physical stress. Physical wellness recognizes that our daily habits and behaviors have an impact on our overall health, well-being and quality of life.

You can foster your physical wellness by:

- Finding time to move your body. Try to move your body in a way that increases your heart rate everyday for at least 30 minutes. You can even break up your daily 30 minutes into three ten-minute bouts!
- Using the stairs instead of the elevator or escalator, if you're able.
- Learning to recognize warning signs when your body begins feeling ill.
- Eating foods that make you feel good.
- Maintaining a regular sleep schedule and get between 7-9 hours of sleep each night.
- Practicing safer sex and getting yourself tested for STIs, including HIV, at least annually if you are sexually active.



Social wellness focuses on building and nurturing meaningful and supportive relationships with individuals, groups and communities. It enables you to create boundaries that encourage communication, trust and conflict management. Social wellness also includes showing respect for others, oneself and other cultures.

You can foster your social wellness by:

- Reflecting on yourself and your social needs. What aspects of your social life do you enjoy? What parts would you like to improve?
- Making an effort to keep in touch with supportive friends, family and mentors.
- Participating in group discussions and practicing active listening.
- Joining a club or organization.
- Volunteering in the community.



Spiritual wellness allows us to be in tune with our inner selves. This realm of wellness lets us find meaning in life events and define our individual purpose. Spirituality can stem from beliefs, faith, values, ethics or moral principles that provide purpose and direction in our lives. A healthy spirit helps us remain resilient and better prepared to face life's challenges.

You can foster your spiritual wellness by:

- Exploring your inner self. Take time to think about who you are.
- Meditating or practicing mindful relaxation.
- Practicing acceptance.
- Being curious. If something happens that makes you even the slightest bit curious, take a moment to explore the experience a little deeper.
- Looking for a religious faith that aligns with your values.
- Traveling and experiencing other cultures.

Activities

Making time for

SELF-CARE



Emotional

- What have you done lately just for you?
- A mantra I'd like to live by is...
- What are my signs of burnout?



Environmental

- If you could take a vacation anywhere in the world, where would it be?
- What are some household items I can swap to lower my environmental impact?
- How can I use fewer natural resources?



Physical

- Do I eat a balanced nutritional diet?
- Do I exercise at least three times a week?
- I feel most energized when...



Social

- Who inspires you most in life?
- How do you make the time you spend with people more intentional?
- How do you ask for help or support when you need it?



Spiritual

- Am I living in alignment with my values?
What can I change to make this happen?
- What do you need most to heal right now?
- What do you need to forgive yourself for?

What is Self-Care?

Self-care is the mindset, activities, practices, and habits we bring to bear against stress, unhappiness, illness, depression, and many more negative emotions.

CHECK LIST

- | | |
|--|---|
| <input type="checkbox"/> Wake up with the sun or 15 min earlier than usual | <input type="checkbox"/> Establish a prioritized list of activities |
| <input type="checkbox"/> 5 min meditation or breathing exercises | <input type="checkbox"/> Unplug from technology for the evening |
| <input type="checkbox"/> Set a time to organize an area for 15 min | <input type="checkbox"/> Keep a clean desk and home workspace |
| <input type="checkbox"/> Eat 2 cups of fruit and 3 cups of veggies | <input type="checkbox"/> Unfollow negative people on social media |
| <input type="checkbox"/> Reach out to a friend and/or family member | <input type="checkbox"/> Read or listen to the chapter of a book |
| <input type="checkbox"/> Eat 3 main meals | <input type="checkbox"/> Attend an event online |
| <input type="checkbox"/> 15 min guided meditation | <input type="checkbox"/> Spend some time outdoors |

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF

Art Twist

Create a work of art inspired by a quote or mantra

Find a quote or mantra that resonates with becoming your best self. Spend some time drawing, painting, or creating a digital piece of art based on these words. Hang this up as a daily reminder to practice self care and spend a few minutes meditating on what these words mean to you.

Bonus: Use song lyrics: listen to the song as you create your work of art.

<https://mamafindsherway.com/self-care-journal-prompts/>







<http://creativityintherapy.com/2016/08/art-self-care/>

<https://www.postermywall.com/index.php/art/template/c19608802b064a23f467c6478bf30bbf/cyan-self-care-checklist-template-design#.YCjs4ehKjtU>

February Fitness & Wellness Challenge!

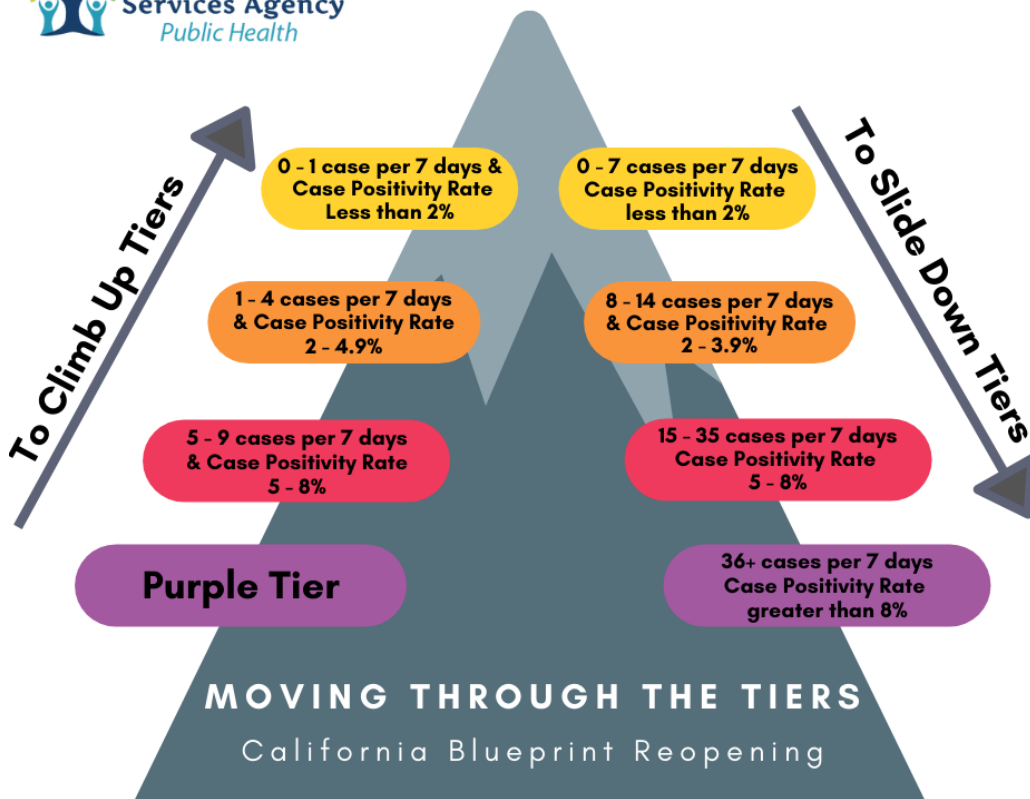
The Challenge: Complete an average of 30 minutes of exercise every day **AND** complete all daily wellness activities in the calendar.

- Complete an average of 30 minutes of exercise a day. In other words, you may complete 20 minutes one day and 40 the next. Just be sure to complete at least 840 minutes of exercise by February 28. More is better!
- Exercise can be any socially-distanced or individual activity, including, but not limited to, walking, running, biking, paddling, online/internet/zoom classes, stationary bike, treadmill, yoga, stretching, weightlifting, gardening, etc. The idea is to be physically active. Log your minutes on the calendar AND...
- Mark off and date each wellness activity on the calendar as you complete it. Activities do not need to be completed in the order presented even if the event is named after the day it falls on the calendar.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Brought to you by the Pandemic Wellness Coalition. Take care of yourself, and have fun!</i></p>	<p>1</p>  <p>LOL Monday! Share a meme or joke!</p> <p>Minutes: ___</p>	<p>2</p> <p>Reconnect with a friend who you have not talked to in awhile</p> <p>Minutes: ___</p>	<p>3</p> <p>Zoom Yoga! 5:30-6:30 pm zoom.us/join Meeting ID: 206 626 9920 Passcode: wellness1 (or 30 min yoga)</p> <p>Minutes: ___</p>	<p>4</p> <p>Kindness matters. Say or do something genuinely nice today.</p> <p>Minutes: ___</p>	<p>5</p> <p>Limit looking at social media to less than 30 minutes today (unless it's your job).</p> <p>Minutes: ___</p>	<p>6</p> <p>Zoom HIIT! 9:00-9:45 am ID: 826 3446 5078 Passcode: 790932 (or 30 min workout)</p> <p>Minutes: ___</p>
<p>7</p> <p>Research information on grab and go emergency packs.</p> <p>Minutes: ___</p>	<p>8</p>  <p>List five things that make you happy right now.</p> <p>Minutes: ___</p>	<p>9</p> <p>Trashy Tuesday! See Newsletter for details. (or pick up trash for 30 minutes at your home/work.)</p> <p>Minutes: ___</p>	<p>10</p> <p>Take a walk on your lunch break.</p>  <p>Minutes: ___</p>	<p>11</p> <p>Thrifty Thursday! Recycle, reuse, repurpose, or restore today.</p> <p>Minutes: ___</p>	<p>12</p> <p>Write down one thing that is worrying you and one thing that you are doing well at.</p> <p>Minutes: ___</p>	<p>13</p> <p>Limit yourself to looking at the news to less than 30 minutes today (unless it's your job).</p> <p>Minutes: ___</p>
<p>14</p> <p>Park your car today and don't use it.</p> <p>Minutes: ___</p>	<p>15</p> <p>WASHINGTON'S BIRTHDAY Sit or walk in the sunshine today</p> <p>Minutes: ___</p>	<p>16</p> <p>Take It Easy Tuesday Give yourself grace today.</p> <p>Minutes: ___</p>	<p>17</p> <p>Try some yoga moves or stretch for 10 minutes if yoga isn't your thing.</p> <p>Minutes: ___</p>	<p>18</p>  <p>Listen to a favorite song or album.</p> <p>Minutes: ___</p>	<p>19</p> <p>Photo Phriday! Take a photo of something outdoors and share it.</p> <p>Minutes: ___</p>	<p>20</p> <p>Sleep-in Saturday Catch up on your Z's! Get an extra hour of sleep today.</p> <p>Minutes: ___</p>
<p>21</p> <p>Self Care Sunday Do something special for yourself today!</p> <p>Minutes: ___</p>	<p>22</p> <p>Drink 8 glasses of water today.</p>  <p>Minutes: ___</p>	<p>23</p> <p>Wave hello to someone</p>  <p>Minutes: ___</p>	<p>24</p> <p>Whatcha Got Wednesday Make a food dish out of what you already have</p> <p>Minutes: ___</p>	<p>25</p> <p>Go on a nature walk and see how many things you can identify.</p> <p>Minutes: ___</p>	<p>26</p> <p>Check on a neighbor or a co-worker and make sure they are okay.</p> <p>Minutes: ___</p>	<p>27</p> <p>Get outside and enjoy the fresh air!</p> <p>Minutes: ___</p>
<p>28</p> <p>Draw or paint a Yosemite scene.</p> <p>Minutes: ___</p> <p>Total Minutes for February: _____</p>						

Resources

Mariposa County is currently in the RED Tier.



COVID-19 vaccines are coming to Yosemite!

Sign up for yours here →



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!

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
<https://suicidepreventionlifeline.org/>



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

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

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