

# Word for YO Wellness

A Newsletter by the Yosemite Wellness Coalition

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## Happy New Year! Starting Over

Within every life there comes a time  
when you need to take a break,  
to start something new.

A point at when your life seems stale  
and starting over is the only thing to do.

Not everyone wants to do it,  
in fact most refuse to try.  
They idle away each day,  
not realising they need to do something new.

The world passes by them  
as they stand at the garden gate  
and before they know it  
starting over for them is too late.

Therefore, if you need to get out of a rut  
before it is too late,

start looking for something new  
to enhance your life with beauty,  
which you have forgotten what it was like.  
Starting over can make you a new person,  
sometimes even better than before.

- David Harris

# Upcoming Events

Due to uncertainty of Covid, fires, smoke and other factors all programs are tentative and subject to cancellation. If it's too smoky assume the program will be cancelled or move to a virtual platform. Visit [yoscommunity.com/events](http://yoscommunity.com/events) for up-to-date information.

## Power Hours Vinyasa Flow with Bethany

Led by Bethany Matsumoto

Class is upbeat and rejuvenating. Get ready to get sweaty!

Wellness Center  
Every Monday & Tuesday  
6:00 pm - 7:00 pm

## Sound Bath With Erin

Led by Erin Markham

Reset and Recharge. Deep relaxation, healing and enhanced mood through guided sound bath and meditation.

Wellness Center  
Saturdays  
6m - 7pm

## Mental Health First Aid

Led by Yosemite Safety & Wellness Office

This is an 8 hr. training, provided free of charge by Mariposa Behavioral Health. This training is open to all Park Partners and community members 18+.

Individuals trained in the program:

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions
- Can identify multiple types of professional and self-help resources for individuals with a mental health, or substance use challenge
- Increase their confidence in and likelihood to help an individual in distress, show increased mental wellness themselves

Questions? Contact [yose\\_safety@nps.gov](mailto:yose_safety@nps.gov)

Valley ESC Training Room  
Wednesday Jan. 11  
8am - 5pm

## Restorative Yoga & Guided Meditation

Led by Ally Marter

Join us for a restorative yoga session followed by guided meditation.

Wellness Center  
Thursdays  
10:00 am - 11:00 am

## Other Community Programs

The following programs are being offered by outside organizations not associated with the Pandemic Wellness Coalition. Please note that some programs require a fee to participate.

## Balanced Rock Community Yoga

Join local instructors for our outdoor 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.

El Portal Community Hall  
Every Monday  
6:00pm - 7:15pm

WELLNESS  
CENTER  
HOURS

7:00am-9:00pm  
Everyday

# Featured Artist



## Clouds River

*By*  
Emilia

## Once upon a time

*By*  
Bill Roberts



# Wellness News

## Recipe For Yo Wellness Hot Salted Caramel Apple Cider



### Ingredients

- ¼ cup Dark Brown Sugar
- ½ cup Heavy Whipping Cream
- 1 teaspoon Pure Vanilla Extract
- 4 cups apple cider
- ½ teaspoon of coarse salt
- Cool Whip or any whipped topping, thawed (optional) as garnish
- Caramel Syrup (optional) as garnish
- Cinnamon Stick (optional) as garnish

### Instructions

1. Combine brown sugar and heavy cream in a medium heavy-bottomed sauce pot and heat over medium heat.
2. Stir until sugar is dissolved in the cream and the mixture bubbles.
3. Slowly add the apple cider. It might bubble vigorously, so be gentle.
4. Add the vanilla extract and salt and stir to combine.
5. Allow mixture to simmer for 10 minutes, or until heated through.
6. Pour in tall glass or cups and enjoy warm.
7. Optional Step: Garnish with whipped topping, caramel syrup (store bought) and a cinnamon stick (optional). Enjoy!

Recipe Taken from:  
<https://www.ourfamilyworld.com/what-to-cook/easy-healthy-recipes/salted-caramel-apple-cider-recipe/>

## New Year's Goal Setting Tips

### 1. Write goals down and review them periodically

Resolutions that aren't written down are destined to fail quickly. So write them out, and not just anywhere. Keep your list of New Year's goals in a place where you will see them regularly, so you can review your progress and recommit on a consistent basis.

Ideas:

- Tape your goals to your bathroom mirror where you'll see them first and last thing every day.
- For goals that require some accountability for success, affix them to your fridge. Just make sure they're ones you don't mind your kids asking about because ask they will.
- Take a photo of your resolutions and post them as your computer screensaver or as your smart phone wallpaper.

### 2. Create goals for different areas of your life

Sure, you may be most concerned that you get your finances in order, but how about those other areas of life? If you set one or two goals in each of them, you're bound to see a ripple effect in every area.

Ideas:

- Relationship goals
- Work goals
- Spiritual goals
- Health and Fitness goals
- Finance goals

### 3. Set goals that are realistic and attainable

While it would be great to lose 30 pounds, get out of debt, and get a new job that pays twice your salary in the coming New Year, you do want to make sure that any resolutions you set are ones you can accomplish in twelve months. So instead of setting a huge goal that involves lots of steps, work on framing your resolutions as smaller goals that can be accomplished reasonably.

Ideas:

- I will replace my nighttime snack of a bowl of ice cream with sugar free pudding.
- I will pay \$25 a week towards my smallest debt.
- I will revise my resume and then begin to look online for available jobs in my skill set.

### 4. Make goals that are measurable

In order to stick to your New Year's resolutions, you need to be able to see consistently that you're on the right track. The best way to do that is to set goals that can be measured again and again over short periods of time.

Ideas:

- I'll sit at the table with my children for breakfast at least five mornings a week. Instead of, I'll make more time for my family.
- I'll invite one friend out for coffee every other Wednesday evening. Instead of, I'll be better at keeping in touch with friends.
- ; I'll straighten the house for 15 minutes every day after dinner. Instead of I'll keep my house cleaner.

### 5. Design goals that can be accomplished with a partner

What are the main reasons New Year's resolutions are so hard to fulfill? They're hard work and no one tends to notice if you give up on them! So go ahead and change that by teaming up with a friend or spouse to accomplish a goal together. You're bound to have more fun when you're working together, and you won't be so tempted to give up if someone else is counting on you.

Ideas:

- Sign up for a fitness challenge at your local health club with a friend or group of friends.
- Swap off nights with your husband to check your kids' homework or read aloud to them from a favorite book.
- Agree to teach a Sunday school class with your best friend

# Activity

## Setting SMART-R Goals

### SMART Goals Are:

**Specific:** Well Defined, clear and unambiguous

**Measurable:** With specific criteria that measure your progress toward the accomplishment of the goal

**Achievable:** Attainable and not impossible to achieve

**Realistic:** Within reach, realistic and relevant to your life purpose

**Timely:** With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency

**SMART goals set you up for success by making goals specific, measurable, achievable, realistic, and timely. The SMART method helps push you further, gives you a sense of direction, and helps you organize and reach your goals.**

SMART Goal		Indicator		Measure		Target		Reward
Specific, Measurable, Achievable, Results-oriented, Time-bound	➔	Milestones and progress markers	➔	Tools for evaluating progress and improvement	➔	Performance metrics	➔	Sustaining motivation and encouraging growth
	➔		➔		➔		➔	
	➔		➔		➔		➔	
	➔		➔		➔		➔	

# Resources

## Native and Indigenous Communities and Mental Health

MENTAL HEALTH RESOURCES FOR NATIVE AND INDIGENOUS COMMUNITIES



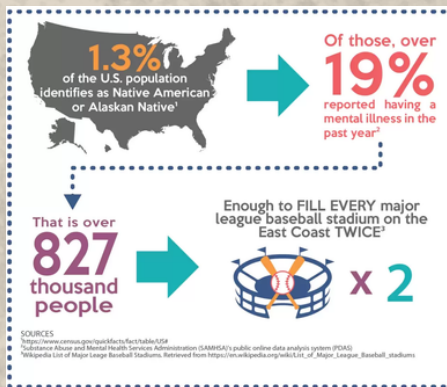
Underlined words are links, more info on the website listed

[www.mhanational.org/issues/native-and-indigenouscommunities-and-mental-health](http://www.mhanational.org/issues/native-and-indigenouscommunities-and-mental-health)

- **Indigenous Story Studio:** creates illustrations, posters, videos, and comic books on health and social issues for youth (Canada-based)
  - [Strength of the Sash](#) and [Tomorrow's Hope](#): suicide prevention
  - [Making it Right](#): community justice, policing
  - [Just a Story](#): mental health stigma
- **One Sky Center:** The American Indian/Alaska Native National Resource Center for Health, Education, and Research; mission is to improve prevention and treatment of mental health and substance use problems and services among Native people
  - [A Guide to Suicide Prevention](#)
  - [Presentations and Publications](#): number of downloadable resources by topic (addiction treatment, adolescents, crisis care & disaster management, disparity of health services, mental health management, and more)
- **WeRNative:** a comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and nation at large
  - My Culture - [Traditions](#), [Identity](#)
  - My Life - My Mind - [Building Mental Resilience](#), [Mental Health Challenges](#), [Getting Help](#), and more (including specific MH issues)
  - My Relationships - [Relationships & Dating](#), [Sexual Health](#)
  - [Ask Auntie](#): similar to advice column - type in your question and it will pull up similar ones; if none answer what you're asking, Auntie Amanda will write up an answer and notify you when it is posted
- **StrongHearts Native Helpline:** The StrongHearts Native Helpline
- **(1-844-762-8483)** is a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7a.m. to 10p.m. CT.

### Partnerships And Resources

- [GLSEN's Website on Native and Indigenous LGBTQ Youth in U.S. Schools](#)
- [Two Spirit and LGBTQ Health](#)
- ["Celebrating Our Magic" Toolkit from NPAIHB](#)
- [Indian Health Services, U.S. Department of Health and Human Services](#)
- [National Center for American Indian and Alaska Native Mental Health Research](#)



## 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.aamariposa-fellowship.org>

Coronavirus Sanity Guide

<https://www.tenpercent.com/coronavirus/sanityguide>

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 once each month.

Each issue includes recipes, articles, community submissions, special events and more from your fellow parkies.

Have a special request or an art submission? Contact [yos.communitybuilder@gmail.com](mailto:yos.communitybuilder@gmail.com) for more information!