

# Word for YO Wellness

A Newsletter by the Yosemite Wellness Coalition

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## The Word

### Reminders

Springtime is a reminder and representative of rebirth and new beginnings. A time of year where we can wave goodbye to the darkness of winter and welcome warm days ahead.

The river is running, dogwoods are blooming and new life emerges as the cycle of life continues. With each day comes a new opportunity to learn lessons from the nature around us.

El Capitan teaches us to stall tall and strong, the giant sequoias teach us to be resilient, the mighty Merced encourages us to go with the flow, bears show us that it's ok to take time for rest, and Yosemite reminds us that we can find beauty in the most simple of things.

When you look around, what are some lessons to learn just by being still and taking a moment to observe the natural world around you?

Here's your reminder to sit in the sun, to get out and play, to never stop learning and enjoying the little things life has to offer. Spend some time explore new places or hobbies, whatever it is; find something that fulfills you. The days ahead will be long, and they may not be easy, but remember to prioritize your own care by connecting with loved ones, with nature, and seeking out time to connect with your Self.



# Upcoming Events

## Yoga with Kyra

Led by Kyra Taylor

Yoga classes are back! Bring a mat, blanket, or towel (limited mats are available to borrow at the Wellness Center), any props you might want to use (not required), and your beautiful self! Namaste, my friends!

All classes in May are TBD

Visit [yoscommunity.com/events](https://yoscommunity.com/events) for most up to date classes.

## Allies for Inclusion Wellness Check-in

Led by Allies for Inclusion  
Kara Stella, & Jamie Gonzales

Join Allies for Inclusion for a Community Wellness Check-in.

Allies for Inclusion is a facilitated dialogue program that engages Park employees in discussions on critical topics and issues for creating a more diverse, inclusive, and relevant organization.

Connect with your peers on what keeps you here, What support does the community need moving forward?

Allies

Girls Club  
Tuesday May 17  
5:00pm - 7:00pm

## LGBTQ+ ERG Yosemite Celebration Planning

Led by Yosemite's LGBTQ+ ERG

May will hold planning for the 2022 Yosemite Pride Celebration. We are seeking individuals that would like to get involved in the planning and outreach process.

Meeting Dates & Times Vary

To learn how to get involved contact:  
[yose\\_dei@nps.gov](mailto:yose_dei@nps.gov)

## Emotional Resiliency in the Face of Climate Change Workshop

Led by Kara Stella

As climate change intensifies, here in Yosemite, we are seeing the impacts firsthand – the decline of species, declining snow pack, and more. Meanwhile, we do our best to “stay positive,” not allowing ourselves to go too deep into our emotional world.

Allies for Inclusion and Yosemite Resource Management and Sciences are offering a free workshop to dialogue on our response to climate change. The sessions include a series of structured activities designed to support a deeper connection with yourself, each other, and the healing power of being an integral part of the web of life. Participants leave feeling supported and resourced for what lies ahead.

There will be two options to take this course:

- 9-1pm, May 11 & 12 in the Yosemite Valley Auditorium OR
- 6-7:30pm Tuesdays and Thursdays on Zoom, July 12-28

\*Please RSVP or ask questions by emailing: [kara\\_stella@nps.gov](mailto:kara_stella@nps.gov)

## Sense of Self

Led by Joe Morgan

A group dialogue on wellness, incorporating mindfulness and breath work. Foster curiosity for your feelings and thoughts. Learn basic breathing techniques to help calm and focus the body and mind.

Wellness Center  
Thursday May 5th & 25th  
7pm - 8pm

\*May 5th will be moved to Wed. May 4th.

## 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

## YEA Events

These events are hosted and sponsored by the Yosemite Employee Association.

May 5th- Super Sal's  
at EP Community Hall

May 7th- Spring Fling  
at EP Community Hall

May 14th- Community Clean Up Day

May 19th- Sal's night  
at EP Community Hall

Contact [yea4us@gmail.com](mailto:yea4us@gmail.com) for more info.



**WELLNESS  
CENTER  
HOURS**

**6:00am-10:00pm Everyday**  
Closed daily for lunch  
10-11am & 6-7pm



# Community Submissions



Samantha is a mixed-media artist who defines her art styles as cartoon, surreal, abstract, and avant-garde. She utilizes ink pen, marker, and/or pastel on mixed-media paper and acrylic paint, spray paint, recyclable items, landfill items, and/or outdoor markers on canvas.

**Space Landscape: Half Dome**  
By  
*Samantha Winslow Mcfarland*

**Self Portrait**  
By  
*Samantha Winslow  
Mcfarland*



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](mailto:yos.communitybuilder@gmail.com)



# Wellness News

## Recipe

For Yo Wellness

### Cilantro Lime Rice

To start your Cinco de Mayo celebration right!

#### Ingredients

- 3 tablespoons olive oil
- one small white onion, diced (1 1/2 cups)
- 4 garlic cloves, rough chopped
- 2 cups white basmati rice (see notes for brown basmati rice)
- 4 cups water
- 1 1/2 teaspoons salt
- 1 tablespoon ground coriander
- 1-2 limes- zest and juice
- 1/2 cup cilantro, chopped, leaves and tender stems
- 3 scallions, sliced

#### Directions

- Over medium heat, using a lidded saute pan or wide pot, saute onion and garlic in oil until fragrant and tender, 4-5 minutes. Add rice, saute 1-2 more minute, coating each grain, then add coriander, 1 tablespoon of the lime zest (save rest for garnish) and 1 1/2 teaspoons salt.
- Give a stir and add the water. Bring to a rapid boil. Cover, lower heat to low (gently simmering).
- Cook 20-22 minutes or until all the water evaporates.
- Fluff with fork, squeeze with lime juice (3-5 tablespoons) and right before serving, toss in the chopped cilantro and scallions.
- Fluff again, taste and adjust salt and lime to taste.

Provecho!



Recipe taken from:

<https://www.feastingathome.com/cilantro-lime-rice/>

## 5 Steps to Mental Wellbeing

### 1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- Help you to build a sense of belonging and self-worth
- Provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

#### Do:

- If possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- Arrange a day out with friends you have not seen for a while
- Visit a friend or family member who needs support or company
- Video-chat apps like Skype and FaceTime are useful, especially if you live far apart

#### Don't

- Do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people

### 2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood

#### Do

- Find free activities to help you get fit
- If you have a disability or long-term health condition, find out about getting active with a disability

#### Don't

- Do not feel that you have to spend hours in a gym. It's best to find activities you enjoy and make them a part of your life

### 3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- Boosting self-confidence and raising self-esteem
- Helping you to build a sense of purpose
- Helping you to connect with others

Even if you feel like you do not have enough time, there are lots of different ways to bring learning into your life.

#### Do

- Try learning to cook something new.
- Work on a DIY project, such as fixing a broken bike, garden or something bigger.
- Consider signing up for a course at a local college. You could try learning a new language or a practical skill
- Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint

#### Don't

- Do not feel you have to learn new qualifications or sit exams if this does not interest you. It's best to find activities you enjoy and make them a part of your life

### 4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people

### 5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.



# Activities

## Importance of Self Care

There's no better time than the present to focus on Self Care. Self Care is unique to everyone. Here are some simple steps to Create your own Self Care Plan.

### 7 Steps for Creating a Self Care Plan

1 What do you value?

2 Assess: What do you need now?

3 Create a list of Self Care activities you can do now.

4 Self Care activities would you benefit from

5 Redefine your focus. Don't try to add everything at once.

6 Create a Self Care plan and set some goals.

7 Commit to your goals and keep track of your progress.

## My Self Care Plan

### Physical

- Get Active
- Eat Good Healthy Foods
- Skin Care
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### Mental

- Read and Learn
- Talk to Friends
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### Emotional

- Help Others
- Do Art & Create
- Quiet Time
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### Connection

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"I lied and said I was busy.  
I was busy;  
but not in a way most people understand.

I was busy taking deeper breaths.  
I was busy silencing irrational thoughts.  
I was busy calming a racing heart.  
I was busy telling myself I am okay.

Sometimes, this is my busy -  
and I will not apologize for it."

— Brittin Oakman

[The Four Pillars of Self-Care, by Haley Broadway \(mindfulpath.com\)](#)

[For more information in Creating a Self Care Plan CLICK HERE](#)

[or visit: yoscommunity.com/wellness](http://yoscommunity.com/wellness)



# Resources

## May is Mental Health Awareness Month

### Do your part in reducing Mental Health Stigma

Stigma is when someone, or even you yourself, views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgement from someone else. Stigma can even come from an internal place, confusing feeling bad with being bad.

Navigating life with a mental health condition can be tough, and the isolation, blame and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support and living well.

**Learning how to avoid and address stigma are important for all of us, especially when you realize stigma's effects:**

- Suicide is the second leading cause of death of youth ages 15-24 and the tenth leading cause of death for all Americans.
- Mental health conditions are the leading cause of disability across the United States.
- People experiencing mental health conditions often face rejection, bullying and discrimination. This can make their journey to recovery longer and more difficult.
- Even though most people can be successfully treated, less than half of the adults in the U.S. who need services and treatment get the help they need.
- The average delay between the onset of symptoms and intervention is 8-10 years.
- **See the person, not the condition**
- **Offer support if you think someone is having trouble**
- **Challenge misconceptions when you see or hear them**
- **Use respectful language to talk about mental health conditions**

### Avoid labels such as the following Tool to find a Therapist: Psychology Today

- Challenged
- Crazy
- Demented
- Lunatic
- Normal/Not Normal
- Psycho/psychopath
- Schizo
- Special
- Suferer/Victim
- Wacko



**Find the Best Therapists and Psychologists in California - Psychology Today**  
[CLICK HERE](https://www.psychologytoday.com) or visit [Psychologytoday.com](https://www.psychologytoday.com)

<https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree>

### Free COVID-19 testing is available in Yosemite Valley on Mondays and Thursdays for the foreseeable future.

- On Mondays, testing is available by LHI outside of the Yosemite Medical Clinic Building from 10 am to 6 pm.
- On Thursdays, testing is available by LHI at the Curry Village Wellness Center from 10 am to 6 pm.

Walk-ins are welcome! If you happen to know your LHI patient ID number, please bring that with you to expedite your check-in process. To schedule an appointment, visit please <https://www.lhi.care/covidtesting>.

Yosemite Medical Clinic does perform COVID testing as needed for symptomatic individuals. The Yosemite Medical Clinic is open 6 days a week (Mon-Sat). Patients will be evaluated by a provider to determine if testing is indicated.

**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.**

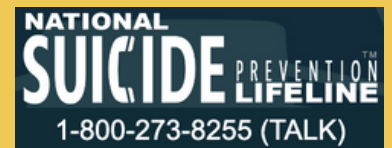
**Each issue includes recipes, articles, community submissions, special events and more from your fellow park locals.  
Have a special request or an art submission?**

## 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.aamariposafellowship.org>

**Coronavirus Sanity Guide**  
<https://www.tenpercent.com/coronavirusanxietyguide>