

January 11, 2022

Word for YO Wellness

A Newsletter by the Pandemic Wellness Coalition

In This Issue

Upcoming Events
Page 2

Community
Submissions
Page 3

Wellness News
& Recipes
Page 4

Activities
Page 5

Resources
Page 6

The Word

Cycles

The winter solstice has passed and we're moving towards a time of year where our part of the world is getting just a little bit lighter each day. It may not always feel that way on the inside, but on the outside, we can acknowledge and find comfort in nature's enduring pattern of change between light and dark. If we resonate with these cycles, they may give us hope that, although certain seasons of our lives may feel dark, there's always the chance of light ahead.

The cycles of life are all around us, and if we look to nature, we can see it see in action: seasons change from winter to spring, summer to autumn, and back into winter; water moves from the earth to the sky in a continual loop; animals migrate or hibernate to bear their young; and each January we celebrate another year's rotation around the sun. Every day is a part of this cycle - every hour, every minute, each a part of the same machine. Our own existence even fits within this process as we experience birth, life, and inevitably death, when we return to the earth.

There is a saying that the only thing constant in life is change. Change can mean something different to everyone: it can bring about excitement, grief, trepidation, fear, or exhilaration. Accepting change with open arms can be the difference between living in the darkness or looking for something brighter ahead.

A new year can very much mark a time for new beginnings, but we should remember to not set our internal clocks to this arbitrary date. Each day is a new opportunity to change, learn, grow, and achieve, just as each day can bring sadness, mourning, or stress. All of these are valid and part of this cyclical existence. As the year progresses, be present and embrace change. If things are good, build resilience to get through our next valley; if things are hard, remember that after the darkest time of the year, it eventually gets bright again.

Upcoming Events



Thursday Evening HIIT

Led by *Nina Listro*

Get your blood pumping with pre-recorded workout sessions led by Yosemite resident & NPS employee Nina Listro. There are a variety of classes for all skill levels ranging from cardio to strength training. Some can be completed without any equipment, while others incorporate dumbbells.

Classes can be streamed on YouTube at the following link:

[Nina Listro - YouTube](#)

Creative Arts Wellness Workshop

Hosted by *Jenni Buczko*

Jenni Buczko, Yosemite Clinical Therapist and local artist is offering a FREE winter wellness series! Participants will be doing various forms of art each week and learning art-based coping skills. Come join us! This is a 4 week series; [please plan to attend all four sessions](#).

No artistic skills needed! Open to all employees!

The Wellness Center
Thursday evening 13th, 20th, 27th & Feb. 3rd
6:30pm - 8:00pm

RSVP required for series (limit 10 people):
jenni.buczko@gmail.com

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!

The Wellness Center
Every Saturday
7:00pm - 8:00pm

WELLNESS CENTER HOURS EXTENDING!

6:00am-10:00pm

Tuesday - Saturday

Closed daily for lunch from
10-11am & 6-7pm
Closed Sunday/Monday

The Language of Mental Health & Wellness

Led by *Raynelle Rino*

Discerning the types of impacts that affect our mental health can be profound in revealing what next steps need to be taken to cultivate wellness. "The Language of Mental Health & Wellness" will walk participants through the most common impacts on mental health in the workplace. Concepts about mental and somatic awareness will be introduced along with some take home activities that can be practiced individually or with others.

Learning Objectives:

- Discover and define the most common workplace impacts on mental wellness;
- Burnout, compassion fatigue, vicarious trauma
- Body language of mental wellness;
- Somatics, somatic centering and grounding practices

25 participant limit. Due to limited space, registered attendance is required. RSVP to raynelle@rinoconsultingsolutions.com

Wednesday, January 19th
2:00pm - 3:30pm

Community Clothing Drive

Led by the *Yosemite Volunteer Program*

In honor of MLK Day of Service, the Yosemite Volunteer Office will be hosting a clothing drive!

Tuesday, January 4th - Friday, January 14th

Collection Points

El Portal: Library & VIP Office
Valley: Library & Wellness Center

All items should be washed and free of rips, tears, and stains. Please don't donate clothing you would not wear or gift a friend.

Accepted items: Clothing only! All gender adult and children's clothing, seasonal clothing, pajamas, and professional wear.

Unaccepted items: Please do not donate shoes, accessories, undergarments (bras/underwear) bedding, linens, or food.

More info contact yose_volunteers@nps.gov or visit yoscommunity.com/events.

Using Upcycled Art for Healing

Hosted by the *Center for Creative Arts Therapy*

Use everyday items to craft skills and creativity based in resourcefulness, being a good steward, and promoting Reduce, Reuse, Recycle principals.

This program is geared towards healing ourselves and the earth through art-making.

Wednesday, January 12, 19 & 26
9:00am - 10:00am

[Zoom.us/join](https://zoom.us/join)

Meeting ID: 2066269920 / Passcode: wellness1

RSVP preferred but not required:
jamie_gonzales@partner.nps.gov

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 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

Visit www.yoscommunity.com/events for direct event links and event updates.

Community Submissions



Raw

My seafoam eyes, wet
Scan the Sierra mountains
My vision, my set
is emotive of pure bliss
The antonym of numbness.

by Meredith Dickson



Winter Wonderland River in El Portal

by Cristina Gonzales

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

Mashed Sweet Potatoes

This recipe is extremely simple and only calls for a handful of ingredients. You may already have them on hand!

- Sweet Potatoes
- Cinnamon
- Nutmeg (optional)
- Butter or non-dairy alternative
- Non-Dairy Milk
- Salt

1. Boil

Place your chopped potatoes in a large pot, stirring in the salt. Cover the potatoes with cold water and bring the pot to a boil. Once boiling, reduce the temperature slightly and cook until the potatoes are fork tender.

2. Mash

Drain the water from the potatoes and place them back in the pot. Mash them using a potato masher or a potato ricer.

3. Stir

Add in all the spices, stirring to combine. Melt the butter and milk in a small pan, then pour it into the potatoes and stir until it's mixed in well.

*Borrowed with modifications from:
feelgoodfoodie.net/recipe/mashed-sweet-potatoes*

Essential Positive Coping Skills

There are nearly infinite ways to cope, and we all use the methods that suit our unique personalities and needs. An activity that causes stress in one individual might help another person cope.

It doesn't matter whether you cope like everyone else. The important thing is that you find effective coping methods that will help you to thrive and build resilience. No matter what you need in a given moment, there is probably at least one activity listed below that will help.

Diversions

- Write, draw, paint, photography
- Play an instrument, sing, dance, act
- Take a shower or a bath
- Garden
- Take a walk, or go for a drive
- Watch television or a movie
- Watch cute kitten videos on YouTube
- Play a game
- Go shopping
- Clean or organize your environment
- Read
- Take a break or vacation

Social/Interpersonal Coping

- Talk to someone you trust
- Set boundaries and say "no"
- Write a note to someone you care about
- Be assertive
- Use humor
- Spend time with friends and/or family
- Serve someone in need
- Care for or play with a pet
- Role-play challenging situations with others
- Encourage others

Tension Releasers

- Exercise or play sports
- Engage in catharsis (yelling in the bathroom, punching a punching bag)
- Cry
- Laugh

Cognitive Coping

- Make a gratitude list
- Brainstorm solutions
- Lower your expectations of the situation
- Keep an inspirational quote with you
- Be flexible
- Write a list of goals
- Take a class
- Act opposite of negative feelings
- Write a list of pros and cons for decisions
- Reward or pamper yourself when successful
- Write a list of strengths
- Accept a challenge with a positive attitude

Physical

- Get enough sleep
- Eat healthy foods
- Get into a good routine
- Eat a little chocolate
- Limit caffeine
- Practice deep/slow breathing

Spiritual

- Pray or meditate
- Enjoy nature
- Get involved in a worthy cause

Limit-Setting

- Drop some involvement
- Prioritize important tasks
- Use assertive communication
- Schedule time for yourself

positivepsychology.com/coping-skills-worksheets/

Activities



EMOTION MASKS

Sometimes, we put on a mask to disguise our face - when we're acting, or in fancy dress. But without realizing it, we sometimes put on Emotion Masks, invisible masks that hide our feelings and emotions.

When we keep our feelings hidden from others, or when we act like we feel something we don't truly feel, we're wearing an Emotion Mask.

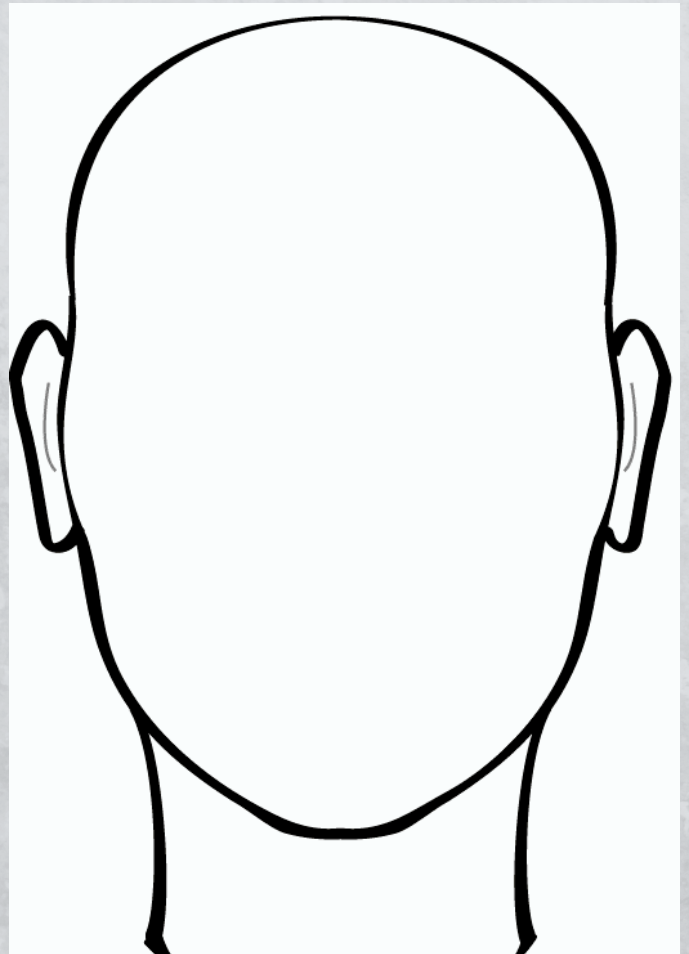
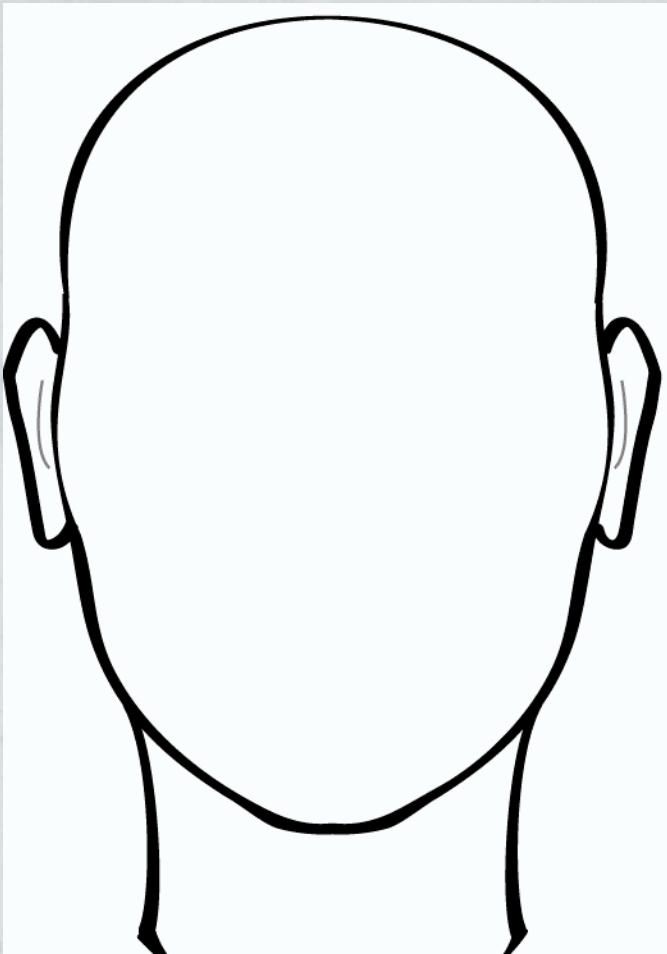


You might wear an Emotion Mask when you...

- Pretend to be happy when you're not
- Act like you don't mind about something that's bothering you
- Tell someone you're fine when you're worried
- Say something angry when inside, you feel sad

What kind of Emotion Masks do you put on when you don't want to deal with something that you feel?

Use this space to draw your Emotion Masks



Resources



If you were assaulted, raped or are unsure, you can contact Mountain Crisis Services in Mariposa.

(209)
966-2350



"But she was flirting with him."

"Did you see what she was wearing?"

"Well... she was drunk."

There is no excuse for sexual assault

mountaincrisiservices.org/sexual-assault



COVID-19 Testing

In addition to vaccinations, frequent testing is a critical tool to help protect the Yosemite Community. Many people carry the COVID virus but show no signs of illness. Surveillance testing helps to quickly identify anyone who is actively shedding the virus, but not showing any signs of illness. For people with frequent contact with large numbers of the general public or who work in the hospitality and public service sectors, our local Public Health officials recommend getting tested once every 7 to 14 days.

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>