

February 3, 2022

Word for YO Wellness

A Newsletter by the Pandemic Wellness Coalition

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Celebrating Black History Month

February 1 - March 1, 2022

Touched by an Angel

We, unaccustomed to courage
exiles from delight
live coiled in shells of loneliness
until love leaves its high holy temple
and comes into our sight
to liberate us into life.

Love arrives
and in its train come ecstasies
old memories of pleasure
ancient histories of pain.
Yet if we are bold,
love strikes away the chains of fear
from our souls.

We are weaned from our timidity
In the flush of love's light
we dare be brave
And suddenly we see
that love costs all we are
and will ever be.
Yet it is only love
which sets us free.

Maya Angelou
1928 - 2014

Upcoming Events

Do you want to be a part of the 2022 Wellness Coalition?

Are you interested in contributing to the overall wellness of our community? Do you have a skill you'd like to share with your community?

We are recruiting local residents and employees to join our parkwide wellness team! Jump in on the ground floor and contribute your skills and abilities to working towards a healthier park community.

We are seeking out individuals who have skills in event planning, writing for the Newsletter, social media and outreach assistance, and peer-led events.

Click the link to fill out [THIS APPLICATION](#) or fill it out at: yos.community.com/wellness. Questions? Contact jamie_gonzales@nps.gov

→ **Open to all park partners and community members!** ←

Wellness, defined:

The quality or state of being in good health especially as an actively sought goal. - Merriam-Webster Dictionary

The coalition aims to plan and support events and initiatives based on the various Dimensions of Wellness. The wheel is a tool that can help to identify areas in life that contribute to overall wellbeing. While these are not the only way to address health they're positive steps in finding balance.

You can start working towards this goal in the Intellectual area by being open to new ideas, being creative, and critically seeking out new challenges.



Using the 8 dimensions of Wellness wheel, go through each domain of your life currently and reflect on what is giving you energy and what is draining your energy. Notice how these situations are interconnected. As you do this activity, breathe and be present. After a little while you may start to notice insights and solutions arising in your awareness that will help you with your next steps.

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!

The Wellness Center

Every Saturday

7:00pm - 8:00pm

Thank You!

to everyone who donated to the
Martin Luther King Jr. Day of Service
Clothing Drive

From January 4th-14th we had 4 collection points in Yosemite Valley and El Portal to gather clothing to be donated to the Heritage House in our Gateway town of Mariposa. We were overwhelmed with the amount of donations that it took extra time to sort and organize.

We filled appx. seventeen 35 gallon bags (*about half our office*) with clothes for persons of all ages and genders; these donations will go to people and homes that can use them.

The Volunteer program is grateful for all of the community donations and support for a great cause.

The Mariposa Heritage House Recovery Support Center Program Design is driven by unique community needs. They continually adapt with the changes of our community, and generally provide opportunity for socializing and networking that addresses the isolation felt by many, making them a unique resource to the community of Mariposa County.



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](#)

WELLNESS CENTER HOURS

6:00am-10:00pm

Everyday

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



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

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

Balanced Rock

Balanced Heart, Nourished Soul

With by Heather Sullivan

3-day winter writing & yoga retreat. Explore reflective writing, gentle yoga, and deep soul nourishment during this powerful 3-day retreat. Tuition assistance and flexible payment plans are available, inquire with Balanced Rock for more information.

Yosemite Moonstone Retreat (El Portal)

February 11th - 13th

\$Fee-based program. To learn more & register: <https://balancedrock.org/events/balanced-heart-nourished-soul/>

Balanced Rock

Stronger Together

With Koren Stewart & Clara Baena

Gather in community to explore a day of yoga, mindfulness, and facilitated discussion in this special retreat created as an inclusive experience for all who identify as women. This retreat will be consciously led by women of color and will touch on experiences around race, cultural identity and disparity through the unifying lens of our shared womanhood. Tuition assistance and flexible payment plans are available, inquire with Balanced Rock for more information.

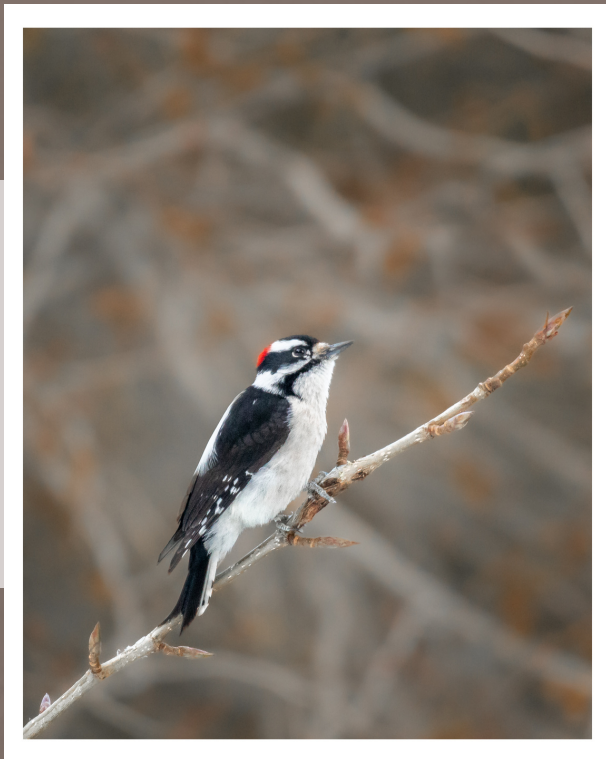
Yosemite Moonstone Yoga Studio (El Portal)

Saturday, March 12th

\$ Fee-based program .To learn more & register: <https://balancedrock.org/events/stronger-together/>

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

Community Submissions



Downey in Winter

by Britain Andrew

Kissed by Snow

by Kyra Taylor



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

Cozy Winter Oatmeal THREE WAYS!

Oatmeal can be a healthy and comforting addition to your winter breakfast routine. Avoid those instant oatmeal packets though - they tend to be loaded with sugar and preservatives. Instead, keep a bag of good ol' fashioned oats on hand and add your own mix-ins and toppings!

First, Cook Your Oatmeal

Whether you have quick-cook, thick rolled, or steel cut oats, follow the instructions on the container for the perfect breakfast base. We recommend Bob's Red Mill brand for excellent quality regular and gluten-free oats.

• Apple Cinnamon Oatmeal

Stir in diced apples, cinnamon, and nutmeg with your oats while they are cooking. For serving, add a little brown sugar or honey, to taste.

• Cottage Oatmeal

Cook your oats like normal. For serving add a pat of regular or vegan butter, a drizzle of honey, a spoonful of your favorite jam or jelly, and a bit of non-dairy or regular milk.

• Oatmeal Over-Easy

It might sound weird, but it's delicious! Top your oatmeal with a soft-cooked egg, seasoned with salt, and pepper. You can also add other savory toppings, like cheese, sauteed greens, or avocado.

A 7 Step Prescription for Self-Love

Self-love is not simply a state of feeling good. It is a state of appreciation for oneself that grows from actions that support our physical, psychological, and spiritual growth. Self-love is dynamic; it grows through actions that mature us. When we act in ways that expand self-love in ourselves, we begin to accept much better our weaknesses as well as our strengths, have less need to explain away our shortcomings, have compassion for ourselves as human beings struggling to find personal meaning, are more centered in our life purpose and values, and expect living fulfillment through our own efforts.

- **Become mindful.** People who have more self-love tend to know what they think, feel, and want. They are mindful of who they are and act on this knowledge, rather than on what others want for them.
- **Act on what you need rather than what you want.** You love yourself when you can turn away from something that feels good and exciting to what you need to stay strong, centered, and moving forward in your life, instead. By staying focused on what you need, you turn away from automatic behavior patterns that get you into trouble, keep you stuck in the past, and lessen self-love.
- **Practice good self-care.** You will love yourself more when you take better care of your basic needs. People high in self-love nourish themselves daily through healthy activities, like sound nutrition, exercise, proper sleep, intimacy, and healthy social interactions.
- **Set boundaries.** You'll love yourself more when you set limits or say no to work, love, or activities that deplete or harm you physically, emotionally, and spiritually, or express poorly who you are.
- **Protect yourself.** Bring the right people into your life. I love the term frenemies that I learned from my younger clients. It describes so well the type of "friends" who take pleasure in your pain and loss rather than in your happiness and success. My suggestion to you here: Get rid of them! There isn't enough time in your life to waste on people who want to take away the shine on your face that says, "I genuinely love myself and life." You will love and respect yourself more.
- **Forgive yourself.** We humans can be so hard on ourselves. The downside of taking responsibility for our actions is punishing ourselves too much for mistakes in learning and growing. You have to accept your humanness (the fact that you are not perfect) before you can truly love yourself. Practice being less hard on yourself when you make a mistake. Remember, there are no failures if you have learned and grown from your mistakes; there are only lessons learned.
- **Live intentionally.** You will accept and love yourself more, no matter what is happening in your life, when you live with purpose and design. Your purpose doesn't have to be crystal clear to you. If your intention is to live a meaningful and healthy life, you will make decisions that support this intention, and feel good about yourself when you succeed in this purpose. You will love yourself more if you see yourself accomplishing what you set out to do. You need to establish your living intentions, to do this

For More Information:

<https://www.psychologytoday.com/us/blog/get-hardy/201203/seven-step-prescription-self-love>

Activities

10 Self-Love Journal Prompts

Journaling can be a great way to practice more internal inquiry, while identifying where you can introduce more self-directed kindness and compassion into your life. You may also find it a healthy means of emotional expression, as well as a mood booster or a way to de-stress.

For example:

- Recalling and re-living positive moments can be a good way to identify what you'd like more of in your life.
- Reflecting on your strengths, good qualities, and accomplishments can be a mood-booster, and a good way to build up self-esteem.
- Considering what you're grateful for can help you put things in perspective.

Find a quiet moment that works for you during or at the end of your day, and reflect on what's happened. Use the prompts given to guide you in your journaling.

Alternatively, you may want to use a separate journal of your own. Try to write something in your journal each day.



- What is one thing you admire about yourself? What do you like about it?
- List 3 things - or people - that you're grateful for today.
- What is one thing you'll forgive yourself for this week?
- Jot down 3 great compliments you've received. How did they make you feel?

- What is a challenge you are dealing with right now, and how are you growing from it?
- What makes you unique? Lovable? Admirable?
- What is one personality trait that you feel proud of?
- Write a reassuring, kind, gentle note to yourself, telling yourself here, reminding yourself to look after you.
- What is your favorite feel-good activity? How can you do it more?
- Write about the highlight of your day today. How did you feel?

From www.positivepsychology.com

Resources

Mariposa Heritage House: Recovery Coach Services

- ⇒ DO YOU THINK DRUGS AND OR ALOCHOL ARE CAUSING A PROBLEM IN YOUR LIFE?
- ⇒ ARE YOUR FRIEND'S AND FAMILY CONCERNED ABOUT YOUR DRUG/ALCOHOL USE?
- ⇒ DO YOU THINK YOUR DRUG/ALCOHOL USE IS EFFECTING THE PEOPLE AROUND YOU?
- ⇒ ARE YOU FEELING OVERWHELMED & NEED ON-GOING RECOVERY SUPPORT?
- ⇒ DO YOU WANT TO IMPROVE UPON YOUR LIFE CIRCUMSTANCES?
- ⇒ WOULD YOU LIKE ASSISTANCE FINDING WORK OR GOING BACK TO SCHOOL?
- ⇒ ARE YOU IN NEED OF RESOURCES TO MAINTAIN HOUSING?
- ⇒ WOULD YOU LIKE SOMEONE TO HELP YOU NAVIGATE SERVICES IN MARIPOSA COUNTY?
- ⇒ WOULD YOU LIKE SOMEONE TO WALK WITH YOU IN YOUR RECOVERY?

⇒ **RECOVERY COACHING SERVICES WILL BE AVAILABLE 1:00-3:00 PM.**



Mariposa Heritage House
5200 Hwy 49
Mariposa, Ca 95338
(209)966-7770

CLICK FOR MORE INFO OR VISIT
[MARIPOSAHERITAGEHOUSE.ORG/ABOUT-US/](https://www.mariposaheritagehouse.org/about-us/)

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?

Contact yos.communitybuilders@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/coronavirusanxietyguide>