

Word for YO Wellness

A Newsletter by the Yosemite Wellness Coalition

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SPOOKTACULAR EDITION



Happy Halloween!

from the Yosemite Wellness Coalition

La Llorona

La Llorona, the weeping woman, is an urban legend that is well known throughout Mexico and other Latin American countries.

A long, long time ago there lived a woman named Maria. She was the most beautiful woman in all of Mexico, muy hermosa, and she herself knew it too. Day after day, male suitors begged her for her hand in romance, but day after day men returned home defeated, con el corazón roto. This was the livelihood of Maria until a dashing young gentleman galloped into town and turned Maria's life upside down; ella se volvió loca. She knew in an instant that she had to have him, for he was the only man to match her in beauty and in elegance. Soon they were to be wed, and not long after had two delightful chiquititos. This delight however was short lived, for one damning day the dashing gentleman became grotesque as he rode into town with another woman at his side. He rode up to Maria and pledged his life to this new woman whom he barely met, because his current wife was no longer beautiful. Maria's heart burst into tiny shards of glass, invisible to the eye but painful for those handling it. That night, in a fit of sorrow and anger Maria decided to inflict the same agony toward the man that bestowed it upon her. Maria woke her two boys up, took their hands, and guided them to the river "for a bath." Hand in hand, the three figures immersed themselves in the water...but under their mother's hand, the little niños never came up for air. After the blood red glare of fury faded from sight, Maria realized what she had done. She shrieked from the gallows of her soul, "Mis Niños!" before letting the river water fill up her lungs. It is said now, this weeping woman or La Llorona has returned from the hereafter searching for new children to claim as her own for all eternity.



Upcoming Events

Climber Coffee

Led by Yosemite Climbing Stewards

Huff Climber Coffee

We'll be doing two more Huff Climber coffees with free self-rescue/skills clinics, on Clinics are led by Amber Smith (YMS climbing guide)

Located in Huff

Thursday 10/13 and 10/27

9am -

Camp 4 Climber Coffee

Our normal Climber Coffee event will be in Camp 4 every Sunday.

Location Camp 4

Sunday 9-11am

Followed by

Womxn's Bouldering Meetup

11am - Meets at Camp 4

What.am.I.doing.with.my.life?

Workshop

Led by Jenni B. and Jamie G.

Join park Therapist Jenni B. and Wellness Coordinator Jamie G. for a 2 part development workshop to begin an Individual Development Plan (IDP)

By the end of this workshop you will come away with understanding an IDP, goal setting and some ideas for next steps in professional development

Attendance to both sessions recommended

Located at: Valley ESC Training Room

(See flyer for details)

Thursday 10/20 & 27/ 2022

1:00 pm - 3:00 pm

Questions contact:

jamie_gonzales@nps.gov



Mariposa Health & Wellness

Coalition Workshop

Wednesdays

Led by Mariposa County Health and Wellness Coalition

October Session: LGBTQ Tobacco-Use Disparities and Social Determinants of Health & Public Comment

[LGBTQ Tobacco-Use Disparities and Social Determinants of Health Forms](#)

Wednesday October 12

11am-12pm:

[Public Comment Forms](#)

Wednesday October 26

11am-12pm

These workshops are being offered in coordination with the Mariposa County Tobacco Education Program, UCSF The LOOP, and California LGBTQ Health & Human Services Network/WeBreathe.

Mariposa Landfill Field Trip

Led by Zero Landfill Initiative and Wellness Coalition

Learn how our waste streams are processed by our County facility.

This program was postponed as a part of Plastic Free July due to the Oak Fire, we are excited to bring it back!

Location: Meet on site and Mariposa Landfill (Shuttles not provided, carpooling encouraged.)

Thursday 10/13

8am - 11am (Meet by 8:15)

Scan QR to RSVP: Limit 30

or visit yoscommunity.com/events



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

Buen Privecho

Led by BIPOC - ERG

Are you a part of the BIPOC community at Yosemite? Join the BIPOC Employee Resource Group (ERG) to celebrate Hispanic Heritage Month with a BBQ mixer at Yellow Pine campground. All food will be provided by the ERG. To RSVP, email yose_dei@nps.gov

Yellow Pine Campground

Thursday 10/13

5:00pm - 7:00pm

WELLNESS
CENTER
HOURS

7:00am-9:00pm Everyday

Closed Weekends for lunch

Sat. 11-12:00pm & Sun. 5-6pm



Summers End

By
Will Harrison



Fall Begins

By
David Tushla



Recipe For Yo Wellness



Spooky Boo Brownies

Ingredients

- 1 box (16 oz) brownie mix
- Water, vegetable oil and egg called for on brownie mix box
- 1 cup creamy white frosting (from 16-oz container)
- 16 large marshmallows
- Black decorating gel (from 0.68-oz tube)

Instructions

1. Heat oven to 350°F (325°F for dark or nonstick pan). Line 8- or 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make and bake brownies as directed on box for 8- or 9-inch square pan. Cool completely on cooling rack, about 1 1/2 hours. Freeze in pan 15 minutes. Using foil to lift, remove brownies from pan, and peel foil away. Cut into 4 rows by 4 rows.

2. Heat frosting in microwavable bowl uncovered on High 20 to 30 seconds, stirring every 10 seconds, until frosting can be stirred smooth and fluid. If frosting becomes too firm while decorating, microwave 5 seconds; stir.

3. Top each brownie with 1 large marshmallow. Spoon 1 tablespoon frosting over each marshmallow to coat. Let stand until frosting is set, about 30 minutes. Use black gel to make eyes and mouths.

Recipe Taken from:
<https://www.bettycrocker.com/recipes/spooky-boo-brownies/93e60a6a-24fb-428f-8f29-84e2ea7de04b>



Motivation: How to get started and staying motivated

What is motivation?

Motivation is the drive to achieve your goals or needs. It is influenced by:

- how much you want the goal
- what you will gain
- your personal expectations

Why is motivation important?

Motivation is important because it:

- provides you with goals to work towards
- helps you solve problems
- helps you change old habits
- helps you cope with challenges and opportunities

Getting motivated:

Most people struggle with motivation, but it is even more challenging if you have mental health issues such as depression or anxiety. Here are some tips:

- Set yourself one specific, achievable goal.
- Think about how to include that goal in your life, what you need do to make it happen, and then put a timeframe on it (such as a week).
- Break your goal into small, easy tasks and set regular reminders.
- Use your family and friends as support – tell them about your goals and encourage them to help keep you motivated.

Ways to keep on track:

- Make your goal part of your routine by using a diary or app for reminders.
- Positive self-talk is important and effective in managing depression or anxiety. Instead of saying 'I can't', say 'I can try'.
- Mindfulness helps keep you relaxed and focused.
- Start a class or join a support group. Support groups can be as effective as professional help.
- Reward yourself when you have completed a step or goal.

Ways to stay motivated. Here are some tips:

- Regularly review your goals and progress. Seeing progress is a great motivator in itself, and also improves your self-esteem.
- Continue to set new goals. Think about what you want to achieve next week, next month and next year. Tackle one goal at a time so you don't feel overwhelmed.
- Keep the momentum up. It takes up to 3 months to develop a new habit, so keeping the momentum and routine helps it feel more automatic over time.
- Find mentors – a mentor is someone who is experienced in the habit you want to change. Finding social or support groups with the same interest can help you find a mentor.
- Surround yourself with positive people. Positive friends and family enhance your positive self-talk, which also helps to manage the symptoms of depression and anxiety.
- Use exercise as one of your daily goals to improve your mental health.

What to do if you lose motivation.

Setbacks are normal, but developing resilience can help you carry on and pick up where you left off. Here are some tips to help you find your motivation again:

- Review your goals and see if they are realistic in the timeframe you have set. You may need to break your goal down further into smaller and more achievable goals.
- Remember why you wanted to get motivated or reach that goal in the first place.
- Take motivation from others – feel inspired by reading a book, talking to your mentor or friends or family who have reached similar goals to the ones you have set.
- Sometimes you just need to take a break and start afresh.

Activity

Make or Bake Treats

Candy Spiders



Ingredients

- 8 wheels black string licorice
- 1 1/3 cups chocolate chips
- 1 3/4 cups miniature marshmallows
- 1/2 cup crisped rice cereal
- 1/2 cup miniature candies (e.g., red hots or mini M&Ms)

Full recipe at:

www.thespruceeats.com/candy-spiders-520972

Spiderwebs Candy



Ingredients

- 96 pretzel sticks
- 2 cups white candy coating
- 1/2 cup semisweet chocolate chips

Full recipe at:

www.thespruceeats.com/spiderwebs-candy-520987

Vegan Pumpkin Bread



Ingredients

- Pumpkin Puree (not) pumpkin pie filling.
- Flour of choice – spelt, white whole wheat, all-purpose, GF flour blend.
- Sugar – or 2/3 cup maple syrup at room temp in place of sugar with great results
- Applesauce or neutral oil
- Plant milk of choice – almond, soy, cashew, oat, etc.
- Spices – pumpkin pie spice mix, cinnamon spices
- Baking powder + baking soda
- Toppings: Add chopped pepitas, walnuts, sesame seeds

Full recipe at:

simple-veganista.com/pumpkin-loaf/



In addition to stress relief, there are other reasons baking can be good for our mental health.

Taking time for yourself

“Taking time to do something that recharges you and brings you joy in the moment helps build resilience when things are hard – or when new challenges come up.”

Inspiring creativity

“The most important part about any new creative task is to go in with realistic goals and not aim for perfectionism.”

Recreating happy memories

Baking engages all your senses including taste, touch, and smell, plus it’s fulfilling to see your process from beginning to end.... “When we’re cooking and baking, we’re often recreating positive experiences or happy memories.”

Sharing the joy

“Sharing baked goods with your friends and neighbors is a great way to feel connected or make new connections.”

You can also stick with healthy eating habits when baking by swapping a few ingredients. Try going for dark chocolate instead of milk chocolate. Or use dates in oatmeal cookies for natural sweetness. Baking also doesn’t have to be limited to sweets.

“When you focus your attention on an activity like baking, you’re more present in the moment and less focused on stressors of the past or future.” Pamela Honsberger, MD, Kaiser Permanente



[4 ways baking can help support your mental health - Thrive \(kaiserpermanente.org\)](https://greatergood.berkeley.edu/images/uploads/GGSC_Happiness_Calendar_October_2022.pdf)

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Resources

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Updates to the National Suicide Prevention Lifeline

Call: 988 or visit: 988lifeline.org

988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.)

Signs of Toxic Positivity

verywell

- Toxic Statements**
- Just stay positive!
 - Good vibes only!
 - It could be worse.
 - Things happen for a reason.
 - Failure isn't an option.
 - Happiness is a choice.
- Non-Toxic Alternatives**
- I'm listening.
 - I'm here no matter what.
 - That must be really hard.
 - How can I help?
 - Failure is sometimes part of life.
 - Your feelings are valid.

Recursos en Español:

SEÑALES DE ADVERTENCIA SOBRE EL SUICIDIO:
 Los comportamientos que se mencionan a continuación pueden ser algunas de las señales de advertencia de que alguien está pensando en suicidarse.

HABLAR SOBRE:

- ▷ querer morirse,
- ▷ sentir una gran culpa o vergüenza,
- ▷ ser una carga para los demás.

SENTIRSE:

- ▷ vacío, sin esperanza, atrapado o sin razón para vivir;
- ▷ extremadamente triste, ansioso, agitado o lleno de ira;
- ▷ con un dolor insoportable, ya sea emocional o físico.

CAMBIAR DE COMPORTAMIENTO, COMO:

- ▷ hacer un plan o investigar formas de morir;
- ▷ alejarse de los amigos, decir adiós, regalar artículos importantes o hacer un testamento;
- ▷ hacer cosas muy arriesgadas como conducir con una rapidez extrema;
- ▷ mostrar cambios de humor extremos;
- ▷ comer o dormir demasiado o muy poco;
- ▷ consumir drogas o alcohol con más frecuencia.

Si estas señales de advertencia le son pertinentes a usted o a alguien que conoce, busque ayuda lo más pronto posible, especialmente si el comportamiento es nuevo o si se ha intensificado recientemente.

Red Nacional de Prevención del Suicidio 1-888-628-9454 (español)/1-800-273-TALK (inglés) Línea de crisis para mensajes de texto Envíe la palabra "HELLO" al 741741

www.nimh.nih.gov/prevencionsuicidio

RED NACIONAL de PREVENCIÓN del SUICIDIO
 1-888-628-9454
prevenciondelsuicidio.org

La Red Nacional de Prevención del Suicidio es **GRATUITA** y confidencial y está siempre disponible.

AYUDE a una persona querida o a un amigo, o ayúdese a sí mismo.

Conozca las señales de peligro.

LGBTQ+ SUICIDE PREVENTION RESOURCES

Trevor Lifeline - 1 (866) 488-7386
 Phone support for LGBTQ youth available 24/7
thetrevorproject.org/get-help-now

Trevor Text - Text START to 678-678
 Chat & text support for LGBTQ youth available M-F 3-10pm EST/ 12-7pm PST

SAGE Elder Hotline - 1-888-234-5428
 Peer-support and local resources for older adults

TYLER CLEMENTI FOUNDATION

Trans Lifeline - 1 (877) 565-8860
 Support for transgender people, by transgender people

National Suicide Prevention Lifeline - 1 (800) 273-8250
 Provides 24/7, free and confidential support suicidepreventionlifeline.org

Crisis Text - Text TALK to 741741
 Text with a trained crisis counselor for free 24/7
crisistextline.org

Disaster Preparedness, Response and Recovery: Substance Abuse and Mental Health Services Administration www.samhsa.gov/disaster-preparedness

Contact the Disaster Distress Helpline: 1-800-985-5990 (Substance Abuse and Mental Health Services Association); a text service is also available.

How to support your mental health before, during and after disaster: corporate2community.com/mental-health-disaster/

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 LIFELINE
 1-800-273-8255 (TALK)

National Suicide Prevention
<https://suicidepreventionlifeline.org/>

Veterans Crisis Line
 1-800-273-8255 **PRESS 1**

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/coronavirusanityguide>

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 for more information!