

Word for YO Wellness

A Newsletter by the Yosemite Wellness Coalition

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Challenging Conversations

Reader disclaimer. This month's newsletter will feature content that may be sensitive to some readers.

September is National Suicide Prevention Month and while it's not exactly what one might think of when discussing Wellness, it is important to acknowledge the existence and reality of the topic.

While life is a unique experience for everyone, it can inherently have its own challenges and it's important to recognize that everyone struggles at one time or another. While it might seem simple to say things like, 'things will all work out in the end, don't overthink things', other people have it worse, or look on the bright side' we want to be wary of 'toxic positivity' and invalidating the feelings of others. If you are struggling right now, just know that your feelings are valid and it's ok to not be ok.

Alternatively, it's also important not to dwell in our challenges and try to find healthy ways to cope with and process our emotions. By giving ourselves permission to sit with our feelings we can begin to better understand where these are coming from and be better equipped to ask for help or find healthy ways to manage and move forward. If sitting in your feelings is not for you, try to stay active and find ways to use your body to release your negative emotions, weight training, running, rock climbing, and dancing are all great ways to get out of your head and release tension from your body.

Living in a remote location can come with its own set of unique challenges remember that you are not alone. If you are far from home, take advantage of local events and park trainings to get to know the people in your own community. Building new relationships outside of your work group can bring new perspectives and experiences that benefit your wellbeing.

This is a reminder to be kind to each person you contact, because at the end of the day, we never really know what someone else is going through.

When feeling overwhelmed, some of the things you can do to help yourself are: to stop what you are doing, close your eyes, take a few deep breaths, listen to a song that brings you joy. You can also go for a walk or a bike ride, get active, find a hobby like drawing, focus on a single task like coloring or learn an instrument. The important part is to have patience with your shortcomings and embrace failure, because failing only means that you tried in the first place.

Most importantly, be kind to yourself, know that you are loved, you are whole, and you are worthy.

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 for up-to-date information.

Muai Thai/Self Defense classes

Led by *Connie Lau*

Classes will go over basic techniques from Muay Thai and Brazilian JiuJitsu. Open to all members of the YOSE community ages 16+

Located at: Wawona basketball courts, if dark or inclement weather class will be held in the Wawona Community Center
Wednesday 9/21/2022
6:30 pm - 7:30 pm

Questions contact:
connie.lau511@gmail.com

Mariposa Health & Wellness Coalition Workshop Wednesdays

Led by *Mariposa County Health and Wellness Coalition*

September Session: Policy Campaigns and Community Organizing

Workshops are scheduled online for 1 hour at 11am on a Wednesday. 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.

On Zoom
Wednesday September 28
11:00 am - 12:00 pm
[RSVP HERE for the Zoom Link](#) or
email: mariposacoalition@gmail.com
More info at yoscommunity.com/events

Yosemite Facelift

Led by *Yosemite Climbing Association and the National Park Service*

Founded by Ken Yager, Yosemite Facelift is an annual event dedicated to the stewardship of Yosemite National Park.

The objective of Facelift this year (and every year!) is for you to pick up litter and engage in service projects on our public lands safely.

Wednesday September 21st - Sunday 25th

Fill out your pre-registration form and check evening event schedule at:
www.yosemitefacelift.com

Preventative injury self care

Led by *Oakhurst Physical Therapy and the Wellness Coalition*

"Calling all Yosemite Community Climbers and Health Enthusiasts! We think this event for you"

Prevent and recover from ankle sprains, tennis elbow and finger strains with lessons and hands-on instruction for upper and lower extremity injury prevention and Self-Care techniques.

Yosemite Valley Auditorium
(behind the Visitor Center)

Sunday October 02
9:30 am - 3:00 pm

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



**WELLNESS
CENTER
HOURS**

7:00am-9:00pm Everyday
Closed Weekends for lunch
Sat. 11-12:00pm & Sun. 5-6pm

That's a wrap! Summer Wellness Hikes

Thank you to all of the experts that led the Summer Wellness Hikes from July - August. We hope everyone that participated enjoyed their experience!

Wellness News

Recipe For Yo Wellness

Fruit and Chia Jam



Ingredients

- 2 cups chopped fresh fruit
- 1 to 2 tablespoons freshly squeezed lemon juice
- 1 to 2 tablespoons honey, agave, maple syrup, or sugar
- 2 tablespoons chia seeds, plus more if needed

Instructions

1. Prepare the fruit as needed. Remove stems, pits, seeds, and skin from the fruit as needed. Chop large fruits into small pieces. Berries can be left whole.
2. Cook the fruit until it starts to break down. Transfer the fruit to a saucepan and set over medium heat. Cook until the fruit breaks down and becomes syrupy, 5 to 10 minutes. Mash the fruit with the back of a spatula or a potato masher, leaving it as smooth or as lumpy as you like.
3. Stir in the sweetener and lemon juice. Remove from the heat. Stir in 1 tablespoon of the honey and lemon juice. Taste and add more honey or lemon juice as needed
4. Stir in the chia seeds. Add the chia seeds and stir to combine.
5. Let the chia thicken the jam. Let stand 5 minutes, until thickened. If you want it thicker, stir in more chia seeds 1 teaspoon at a time.
6. Transfer to a jar or other storage container. Once the jam has cooled to room temperature, transfer it to a jar or other storage container. Store in the fridge for about 2 weeks. The jam will thicken further and become more set once completely chilled. The jam can also be frozen for up to 3 months; thaw in the fridge before using.

Storage:

- Mason jar

No-cook chia jam: Mash the fruit with a fork until pulpy and juicy, then stir in the rest of the ingredients. You can also combine all the ingredients in a blender, or use an immersion blender, and blend until the jam is completely smooth. Uncooked chia jam tends to be a bit looser and more sauce-like than the stovetop version; add extra chia seeds if you'd like a thicker consistency.

www.thekitchn.com/how-to-make-easy-chia-jam-with-any-fruit-222310

Recognize the common signs of suicide

Suicide can be prevented. The best way to prevent suicide is to be aware of some of the common warning signs. Although some suicides do occur without warning, most people will show some outward signs. Recognize when someone is suicidal but importantly, be aware of the first signs of trouble.

Recognize the first signs of trouble

- Depressed Mood
- No interest in activities
- Changes in appetite
- Changes in sleep patterns
- Social withdrawal
- Impulsive, reckless behavior
- Uncontrollable anger
- Increased alcohol or drug use
- Anxiety and agitation
- Fatigue
- Inability to concentrate
- Dramatic mood swings
- Sense that life has no purpose
- Feelings of worthlessness or guilt
- Feelings of hopelessness or being trapped
- Thoughts of death or suicide

Signs someone may be suicidal

- Expresses depression, anxiety, stress, and feelings of hopelessness.
- Has increased conflicts with or aggression toward others.
- Talks or writes about death and dying, killing oneself, or ending it all.
- Starts giving away possessions or tying up loose ends.
- Withdraws from family, friends, and activities once enjoyed.
- Increases use of alcohol and/or drugs or engages in reckless behaviors.
- Gains access to guns, pills, knives, etc.
- Hope - Your best defense
- Conveying hope with a loved one is your best defense against suicide. It is always better to overreact than to underreact.

Risk Factors	
History of abuse	Academic problems (e.g., failing courses, missing classes, inattentiveness)
Mental health problem that is untreated e.g., depression, bipolar disorder, or anxiety	History of family depression and/or suicide
Isolation from family and/or spiritual community	History of previous suicide attempts
A recent loss (e.g. death or break-up)	Access to firearms or other lethal methods
Concerns about mental health stigma	Prejudice, racial tension, discrimination, or inter-cultural conflict
Feelings of alienation, loneliness, guilt, shame, or inadequacy	Poverty and under- or unemployment
Behaviors that are impulsive or aggressive	Experiences of hopelessness and helplessness
Feelings of worthlessness	Conflict with others or feeling misunderstood
Language barriers	Absence of interpersonal attachments
Fears about seeking help for depression or suicidal thoughts	A new educational system
	Homesickness and culture shock

Some tips

- Express your concern.
- Listen, offer support and understanding. Don't worry about saying the wrong thing.
- Don't judge, argue, or act shocked by their plans.
- Your genuine interest and support are what matters.

Activity

Benefits of coloring for adults

- Your brain experiences relief by entering a meditative state
- Stress and anxiety levels have the potential to be lowered
- Negative thoughts are expelled as you take in positivity
- Unplugging from technology promotes creation over consumption
- Coloring can be done by anyone, not just artists or creative types
- Focusing on the present helps you achieve mindfulness



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.)

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

NIMH Identification No. SC0M19-4316

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.

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>

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 9-10pm EST/ 12-7pm PST

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



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

www.verywellmind.com/what-is-toxic-positivity-5093958

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/

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!