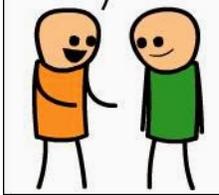




SIX STONES WELLNESS CENTER



SO, NEW YEARS RESOLUTIONS. YOU GO FIRST!



Six Stones Wellness Center is a peer driven, agency supported Center focusing on a healthy life style, emotional wellness and recovery. Caring for our mental health, and lifting others up any way we can is very important. Coming together, supporting each another, while honoring one another's journey is a positive step toward wellness.

Taking the first step is courageous. Be kind to yourself during this time. As we observe the affects of isolation and the tendency to become antsy is normal. Practice deep breathing and accept the circumstances around you. Having a positive mindset will set the tone on how you choose to strive for what you desire.

Participate in something you enjoy and makes you fill fulfilled. Building self esteem promotes confidence, that you are resilient and are ready to unlock the next chapter in your life. It's never too late for a new beginning.

This Issue:

- Welcome!
- New Beginnings
- 5 Steps to Starting Over after a Failure
- CodeRED Emergency Alert
Explanation on what it is and why it is important as well as the Link for easy access
- What is Disaster 211 & Text 898-211
- Disaster Ready? LISTOS California for All Campaign Training Links
- COVID Care Tips
- Cut out for Family Communication
Wallet Card & Maslow's Hierarchy of Needs
- Red Flag Feelings or Behaviors
- Veterans
- Cal-Fresh Healthy Living

EMERGENCY ALERTS

There are many ways to get alerts, news and instructions for approaching or current disasters. Sign up for multiple alerts from reliable sources.

Television
 Radio
 Dial 211
 Landline Phone
 Cell Phone

Email
 Smartphone
 Social Media
 Ham Radio

EMERGENCY RESOURCE WEBSITES

211CA.org
Dial 211 for evacuation routes, shelters.
CalAlerts.org
Sign up to get your County's alerts. Get MyShake earthquake warning app.
CalOES.ca.gov
State guides, alerts & resources.
Response.ca.gov
Real-time wildfire & shelter news.
Ready.gov
Resources to prepare for any disaster.

LISTOS CALIFORNIA

ListosCalifornia.org
Learn about the Listos California Emergency Preparedness Campaign.
CERT
Ready.gov/CERT
Community Emergency Response Team (CERT): a 20-hour classroom-based preparedness training.
LISTOS
CFALISTOS.org
An 8-hour preparedness program for individuals and families.

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- Please contact Six Stones Wellness Center at 530.841.0810 for additional information.

New Beginnings: 5 Steps to Starting Over After Experiencing Failure

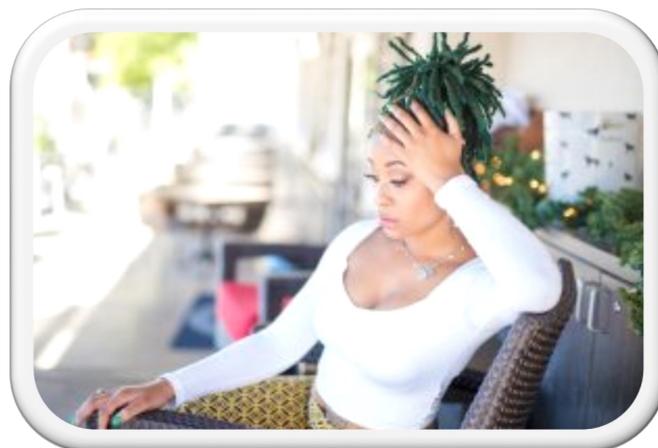
Adapted: <https://jessicalangtherapy.com/blog/new-beginnings-5-steps-to-starting-over-after-experiencing-failure/>

By Jessica Lang

New beginnings, is a chance to start over when we've experienced failure. We all go through things in life, good and bad, that force us to stop in our tracks and re-evaluate our lives. We may plan and plan and plan for something but just because we plan doesn't mean that things will work out. This is a hard reality to face and one that can leave us feeling like we have failed. When we are young we feel like we have so much time ahead of us and that making a mistake is not necessarily the end of the road. But as we get older we start to feel the pressure of time and that with each new adventure the stakes feel higher. This makes the experience of failure feel like such a deep loss and the fear that accompanies it can leave us feeling stuck.

Failure!

Failure! A word loaded with so much meaning and judgement. We often believe that to be a failure is essentially to mean that we are bad or that we have done something wrong. When we experience failure we have so many negative thoughts and feelings about ourselves and thus our abilities. We place so much weight on our accomplishments and we often use our accomplishments to define who we are. This is the place where the message "you get what you deserve" kind of lives. If we fail we deserve bad things, if we succeed we deserve good things. This is why failure can have such a profound effect on us, leading to depression, anxiety, and even symptoms of trauma if not fully blown PTSD.



Coming to Terms With the Wrong Choices Made

One of the hardest parts about failure, is not just about our plans not working out, but about the choices we make along the way. When we make the choice to go one direction in the moment it feels right. We feel hopeful and positive. But as time moves along and we don't see the results we hope for, then we can start to question our judgement. This then extends to an overall questioning of our abilities and capabilities as we move through and try to accomplish our goals. In this prolonged state of being, we may experience depression, anxiety, and trauma symptoms as our sense of safety is threatened. Our resulting behavior is reflective in chronic deployment of the stress response system ([Fight-Flight-Freeze](#)).

In the moment, when we are going through failure, we may not be able to recognize that what we are experiencing is depression or anxiety. Instead we try to double down and force things to work rather than face the reality of things not going well. Again to admit that things are not going well or not going as planned conjures up thoughts about failure or fear that we are not enough.

Feeling Stuck, While Everyone Seems to Zoom Past

But despite experiencing failure, whether that's a project, business, or a relationship this doesn't mean that we are failures or that we are destined to be stuck back at the starting line while everyone races around us. The hard part is sitting with all of the feelings that come along with failing and then deciding what our next steps will be. If it's a relationship that's not working, we might feel like a failure or that it's your fault. The result from this experience is fear of opening our hearts again because you don't want "fail again". We may also question your self worth.

On the other hand if it's a business venture that didn't go well we may be tempted to give it up and go back to our day jobs. After putting our hearts and souls into our business (as well as time and money) it makes sense that we feel like we can't hack it. Going back to a day job ensures that we have stability even if it means giving up on your dream. This can be hard to stomach.

Whatever path we choose we want to make sure that we're not coming from a place of fear. This means that we're going to have to deal with all of our feelings and thoughts that come along due to failure and find resolution around them. Only then can we choose what your next steps will be from a place of strength.

5 Steps to Starting Over After Experiencing Failure

Adapted: <https://jessicalangtherapy.com/blog/new-beginnings-5-steps-to-starting-over-after-experiencing-failure/>

#1 Address the feelings over past failures.

We must deal (with our feelings and negative thoughts) in order to heal. Trying to suppress our discomfort may work temporarily but in the long run, all that's happening is avoidance. Avoidance brings temporary relief but if the feelings aren't dealt with properly they will come out in other ways (usually as emotional outbursts).

We must address it all in order to move on, and the key is to addressing this in a slow manner, not all at once.

#2 Decide on a direction to take and then be committed to that direction.

It may be tempting to chuck it all and give up. To go back to our day jobs or toxic relationships because we believe this is all we deserve (after all you all ready failed). But this is your fear talking. The fear of the unknown and trying to protect us from pain. We can listen and acknowledge this fear without succumbing to it and allowing it to dictate our actions.

This is why step one is so important because in processing our feelings we can come from a place of strength.

#3 Create a roadmap with new goals and plans.

This can be exciting new adventure. As we try out a new plan or rework an old dream, that hope is still there. But along with the renewed hope is the knowledge and new experiences (from the past) that we can reflect on to see what worked and what didn't.

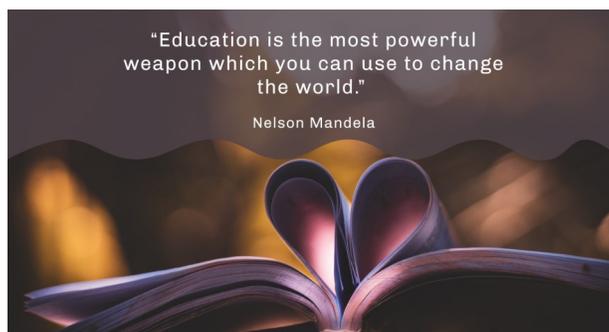
With this new information we can choose a new path and try out some other things that maybe we were afraid to try before.

#4 Share and seek support. Share your plan with the people in our lives who love and care about us (our support network). Don't just share the hopes and the dreams but also our fears and reservations. Allow them to cheer us on and also to give advice. Don't try to bottle it all up and solve problems on our own.

These connections will help keep you grounded when things get tough.

#5 Implement the plan and your follow dreams.

Know that there will be a lot more fear because of things not working out before. Although this fear is normal, our intentions are to not let the fear consume us. If you are committed to making things work. Thank the fear for trying to protect us and then let it know that we are committed to making our plans work because we believe in ourselves.

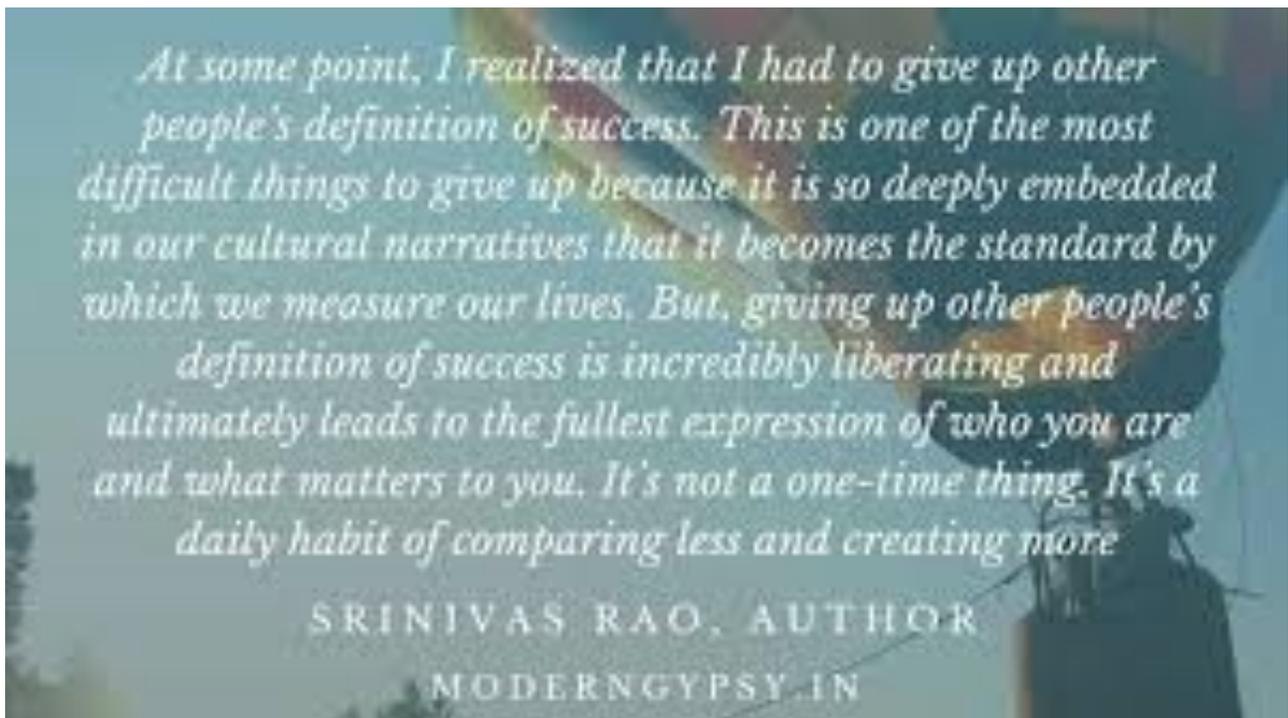


In Conclusion

Just because something we wanted or hoped for didn't work out it doesn't mean that we are failures. We may experience it as a failure or something that didn't go as planned, but that doesn't mean we are unworthy or underserving of good things in life. Life is a roller coaster, with ups and downs.

We may plan for something, only for it to be interrupted by something else. This will impact us in many ways but we have choices about how we want to respond to this adversity. In order to find some resolution and move on we must acknowledge and accept our thoughts and feelings about what went wrong. From here we can create a new plan, using the new knowledge that we gained from past mistakes.

Even though it can be a tough pill to swallow, by taking it head on, we have the power and confidence to follow the path that's right for us.





Siskiyou County has instituted a rapid emergency notification service called CodeRED®.

The new system will distribute emergency messages via telephone to targeted areas or the entire county at a rate of 1,000 calls per minute. CodeRED® employs a one-of-a-kind Internet mapping capability for geographic targeting of calls, coupled with a high speed telephone calling system capable of delivering customized pre-recorded emergency messages directly to homes and businesses, live individuals and answering machines.

To register click this [CodeRED®](#) link. By registering, you'll be added to the emergency call list.

If you wish to download the CodeRed® Mobile Alert app,

This service can be used in case of fires, chemical spills, evacuations, lock downs, downed power lines, lost individuals, natural disasters, abductions, water system problems, bomb threats, or other emergencies. Calls can be geographically targeted for localized messaging. If widespread, the entire community could be called within 20 to 30 minutes. The system also reports who did not get a call so that they may be contacted by other means.

Siskiyou County residents are welcome and encouraged to sign up. It is important for city residents and businesses customers to register, especially if they use unlisted numbers, cell phones, or VOIP. Those who do not register their address and phone number may not be notified with CodeRED in the case of an emergency.

HERE IS THE LINK TO USE TO GET FOR YOUR MOBILE ALERT APP:



<https://www.onsolve.com/solutions/products/codered/mobile-alert-app/codered-mobile-apps-download/>

Here is the link. Click or Copy and paste into your internet browser:
<https://public.coderedweb.com/CNE/en-US/6F327CCDFFF>

Please do your part to keep us all healthy.

Wash your hands

Cover your cough

Stay home if you are sick

Stay 6 feet apart

Adapted: <https://www.co.siskiyou.ca.us/emergencyservices/page/codered-emergency-alert-system>



United Way 2-1-1 Connects You to Information about Community Services

Dial 2-1-1

Free, confidential information & referrals, Available 24/7

I need help buying groceries this month...

I'm feeling depressed...

Where can I get help finding legal aid?

I'm having trouble finding employment...

I'm looking for affordable dental care...

I can't afford to pay my medical bills...

Is there an after school program in my area?

I need to find affordable housing...



I Choose...

to live by choice, not by chance;
to make changes, not excuses;
to be motivated, not manipulated;
to be useful, not used;
to excel, not to compete.

I choose self-esteem, not self-pity.
I choose to listen to my inner voice,
Not the random opinion of others.

I choose to be me.



Change can be scary,
but you know what's
scariest? Allowing Fear
to stop you from
Growing, Evolving,
and Progressing.
-mandy hale-

WWW.LIVELIFEHAPPY.COM



Californians can sign up to learn how to get prepared for natural disasters by texting Text: **LISTOSCA** to **72345**.

You will receive **one text message per day, sent at the time you choose, over the course of a week.**

By the end of seven days, you'll learn how to complete five easy, free, or low-cost steps to protect yourself and your family.

5 Steps for any Disaster:

- 1) Sign up for Alerts (below)
- 2) Make a Plan (Start with creating a Contact list)
- 3) Pack a go-bag
- 4) Start your Stay Box
- 5) Help Friends and Neighbors

Additional **curriculum and online training course** can be found at:

<https://www.listoscalifornia.org/>

COVID CARE TIP

When living with sick family members, don't share:

- Dishes
- Glasses
- Eating Utensils
- Towels
- Bedding



COVID19.CA.GOV

Always End the
Day With a
Positive Thought.
No Matter How Hard
Things Were,
Tomorrow's a Fresh
Opportunity to Make
it Better.

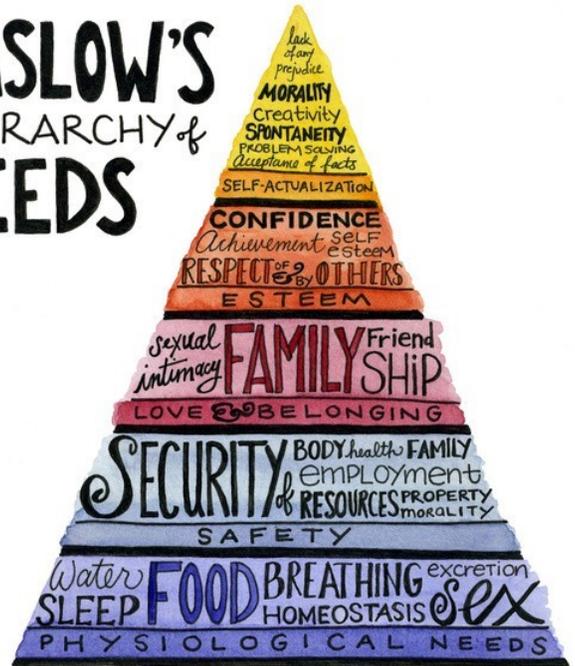
www.olaalaa.com

ARE YOU READY, CALIFORNIA?

HELP FRIENDS AND NEIGHBORS GET READY

LISTSCALIFORNIA.ORG
#CALIFORNIAFORALL

MASLOW'S HEIRARCHY of NEEDS



Other Important Phone Numbers & Information:

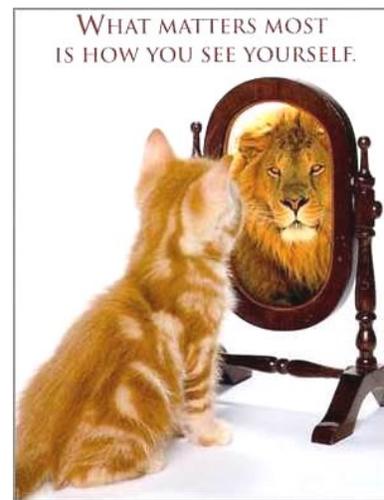
Family Communications Plan

Contact Name: _____
Telephone: _____

Out-of-Town Contact Name: _____
Telephone: _____

Neighborhood Meeting Place: _____
Meeting Place Telephone: _____

Dial 9-1-1 for Emergencies!



ENJOY
THE
LITTLE
THINGS,
FOR
ONE DAY
YOU
MAY
LOOK BACK
AND
REALIZE
THEY
WERE
THE
BIG THINGS.

ROBERT BRAULT

JANUARY IS NATIONAL MENTAL WELLNESS MONTH

Mental wellness is about how all aspects of your life. The social, emotional, physical, spiritual, and intellectual, all come together for an overall state of well-being.

Mental health and wellness affect all aspects of our lives. It helps determine how we act, feel, and think, and it affects our ability to handle stress, connect to other people, and to make decisions. Thus it's important to improve our mental awareness in any way we can, some can be as simple as laughing or having a positive attitude.

Here are some tips that can help everyone improve their mental wellness:

1. **Develop a positive attitude** — people with positive attitudes are happier, more successful, and better able to handle crises and stress. And in concert with a positive attitude, get an attitude of gratitude for what you have instead of dwelling on what you don't.
2. **Avoid negative self-talk** — Learn to be thankful for the good rather than focusing on the negative issues.
3. **View a crisis situation as an opportunity** — creative problem-solving can expand your options. Try to make a list of good things that could result from the problem you're having to solve.
4. **Laugh** — Humor is a great stress-reducer. Studies indicate laughter can make you healthier.
5. **Exercise** — Regular exercise increases energy and releases brain biochemical to ward off depression and anxiety. *Just a 15-minute walk a day will help keep body and soul together.*
6. **Improve your diet** — During times of stress, you tend to skip meals or eat junk food. *A diet rich in fruit, vegetables, and fiber will help you maintain the physical and mental stress you need to deal with the situation.*
7. **Get enough rest** — sleep disturbances are common during stress.
8. **Ask for help if you feel overwhelmed.** Help can be just a phone call away.

For more information go to <https://www.americanmentalwellness.org/> or you may connect to NAMI, SAMHSA, your personal doctor or a SSWC Staff Member can assist in providing you a list of Private Providers as well as Siskiyou County Behavioral Health may be beneficial.

Adapted: <https://www.interiminc.org/>

Don't suffer in Silence. We are here to help!





Who should use the Lifeline Crisis Chat program?

Anyone who is depressed, despairing, going through a hard time, or just needs to talk, including people who are thinking about suicide.

Any life issues may be discussed on the Chat program. The chat specialists are there to listen and support you through whatever difficult times you may be facing.

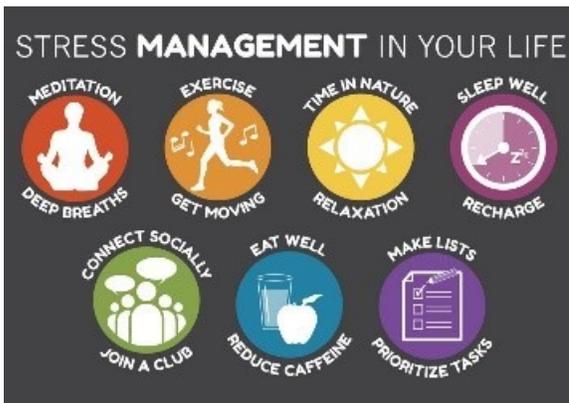
1-800-273-8255



Red flag feelings and behaviors that may require immediate attention.

- Inability to sleep
- Feeling down, hopeless, or helpless most of the time
- Concentration problems that interfere with work or home life
- Using nicotine, food, drugs, or alcohol to cope with difficult emotions
- Negative or self-destructive thoughts or fears that you can't control
- Thoughts of death or suicide

If you identify with any of these red flag symptoms, make an appointment with a mental health professional.



STAGES OF RECOVERY



Seek professional help if you need it.

Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

You are worth it!



Join us for
 Veterans Support
 Friday, January 8th at 10 am
 Meeting information Below



No matter when, where, or how you served, or what you've experienced in military or civilian life, you may be facing challenges that affect your health, relationships, and life. Whether your military role ended two decades ago or two days ago, you share with Veterans everywhere the common bonds of duty, honor, and service to our nation.

Every day, Veterans connect with resources and support to manage and confront the issues they may have and find solutions for improving their lives. <http://maketheconnection.net>

The Veteran Clinic, located at 101 E. Oberlin Drive, Yreka, is open from 7:30 a.m. to 5:00 p.m., Monday through Friday.

To contact the Clinic, call (530) 841-8500.



Veterans' Services

Department Head: Victor Magdangal, CVSO

Office Hours: 8:00am - noon, 1:00 - 5:00pm, Monday - Thursday

Phone: 530-842-8010

Fax: 530-841-4314



Veterans Support

Meeting Link:

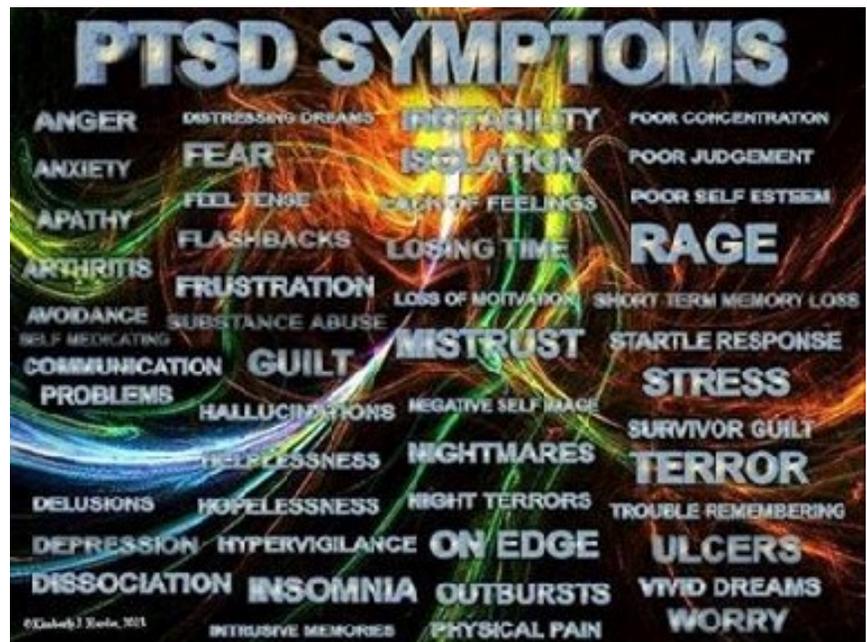
meet.google.com/mri-rxdm-taa

OR Call in...

Phone Number::

(US)+1 240-774-0061

PIN: 278 619 943#



CalFresh

Cal Fresh is a for Supplemental Nutrition Assistance Program Education. This program focuses on bettering the lives of others through nutrition and physical education. Cal Fresh Healthy Living is a program of NVCSS and will provide remote group on **Wednesday, January 13th at Noon.**

Join Nick & SSWC Staff for nutrition information & activities while promoting a healthy life style.

ZOOM Meeting:
Meeting ID:
807 013 1433
Password: 418601



Eat a Rainbow a Day
Full spectrum Nutrition
for a full spectrum life



Where and when are Commodities given out?

Canned, fresh and frozen foods are distributed at 22 sites throughout Siskiyou County every other month to residents where their nearest site is located.

Call 530-938-4115 ext.128 for a recorded list of all sites and dates for the upcoming month. Dates are determined a year in advance by the Federal Government.



Six Stones Wellness Center Invites the community to join us in preparing for our first virtual Healing Hearts Art & Talent Show in which we are inviting our community to participate. Please Call 841-0810 for more information.

Scheduled showing: February 12th at Noon

All Community Members invited to Participate.



Six Stones Wellness Center is a program of Northern Valley Catholic Social Service. Program is funded by Siskiyou County Health and Human Services Department with Mental Health Services Act Funds, Prop 63.

Contact Us

Give us a call for more information about our program.

**Northern Valley
Catholic Social Service
Six Stones Wellness Center**
525 North Main St.
Yreka, CA 96097

(530) 841-0810

Hours: 10 am to 3 pm
M-F

