



SIX STONES WELLNESS CENTER

Six Stones Wellness Center Newsletter

March 2021



Welcome to Six Stones Wellness Center's Newsletter.

We are a peer driven, Agency Supported Site. How can we help you sustain, maintain or improve your life areas or emotions.

Join us for a group today.

COVID CARE TIP

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

- Dishes
- Glasses
- Eating Utensils
- Towels
- Bedding

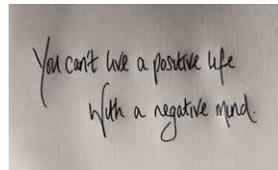


COVID19.CA.GOV

For each petal on the
shamrock
This brings a wish your way
Good health, good
& happiness **LUCK**
For today and every day.



Irish Blessing



Please join us for a focus group for all Community Members, Clients, and their Family Members. Siskiyou County Behavioral Health Services is soliciting input and feedback from all stakeholders, those invested in shaping mental health services, to assist us with developing the Mental Health Services Act Annual Update for FY 2021-2022.

Refreshments will be provided.

Transportation is available. Call 530-841-4100

Please use this link to access the MHSA survey. Share your views on essential and needed Mental Health Services in Siskiyou County.

Thank you very much.

<https://forms.office.com/Pages/ResponsePage.aspx?id=q1K9hKUTnk-1r2bAVRLnbLhVELPTObxBkoJ3c941125URDc5RIVMWTdWNjdDNjZESE-FUNjBYMkiYRS4u>

In This Issue

- Welcome
- Coping with Stress
- Helping Others Cope
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- How to get help
- Mindfulness & Self-Compassion: 1 Year into COVID.
- Strategies for Good Mental Health Wellness
- Mindfulness
- Veterans Information
- Siskiyou County BHS Forum Information
- Contact Six Stones Wellness Center with any questions at 841-0810.



Your Mental Health Matters to Us!



Focus Groups for *all* Community Members, Clients and their Family Members
Siskiyou County Behavioral Health Services is soliciting input and feedback from all stakeholders, those invested in shaping mental health services, to assist us with developing the Mental Health Services Act 3-Year Plan.

Incentives Available...Please plan to join us!

Your Mental Health Matters to Us! Focus Groups for all Community Members, Clients, and their Family Members. Siskiyou County Behavioral Health Services is soliciting input and feedback from all stakeholders, those invested in shaping mental health services, to assist us with developing the Mental Health Services Act Annual Update for FY 2021-2022.

Refreshments will be provided. Transportation is available. Call 530-841-4100

Date:	Time:	Location:
Thursday 3/18/2021	2:00 p.m.	Dunsmuir Community Resource Center 5840 Dunsmuir Ave., Suite A Dunsmuir, CA
Thursday 3/4/2021	2:00 p.m.	Yreka Community Resource Center 201 South Broadway Street Yreka, CA
Tuesday 3/16/2021	1:00 p.m.	Tulelake Community Resource Center 810 Main Street Tulelake, CA
Monday 3/15/2021	11:00 a.m.	Happy Camp Community Center 38 Park Way Happy Camp, CA
Thursday 3/11/21	2:00 p.m.	Scott Valley Community Resource Center 11920 Main Street Fort Jones, CA
Tuesday 3/9/2021	2:30 p.m.	6 Stones Wellness Center 525 N. Main Street Yreka, CA
Tuesday	10:00 a.m.	First 5: Virtual Meeting: Contact First 5 3/9/2021 for invitation



Join us on Zoom on

Tuesday at 2:30 pm

Link: <https://zoom.us/j/93536176814?pwd=US8rRHNIUDhBRXdTeEIGQIJ1a3ZLdz09>

Dial by your location
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)

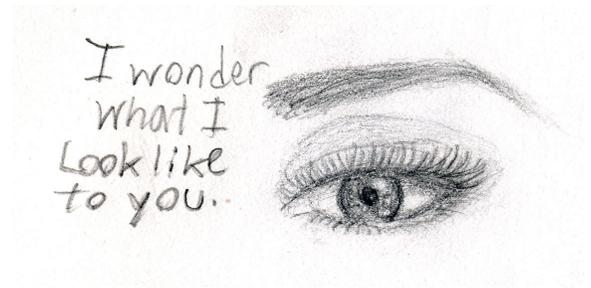
Meeting ID: 935 3617 6814
Passcode: 336600

These Focus Groups are designed to solicit important information from stakeholders regarding the programs offered through the *Five Components of the Mental Health Services Act (MHSA)*

- Innovation—New Programs
- Workforce, Education and Training—Staff and provider training
- Community Services and Supports—Direct Client Services
- Prevention and Early Intervention—Improves access to services
- Capital Facilities and Technological Needs— Building projects and increased



A Mojo Life
Get Your Mojo Back
Design Your Life



Please use this link to access the MHSA survey.

Share your views on essential and needed Mental Health Services in Siskiyou County.
Thank you very much.

<https://forms.office.com/Pages/ResponsePage.aspx?id=qIK9hKUTnk-1r2bAVRLnbLhVELPTObxBkoU3c941125URDc5RIVMWTdWNjdDNjZESEFUNjBYMkiYRS4u>



SSWC Zoom Meeting: Please register. Click the link.
When: Tuesday at 2:30 pm

Link for Meeting: MHSA Focus Group Zoom Meeting
<https://zoom.us/j/93536176814?pwd=US8rRHNIUDhBRXdTeIGQIJ1a3ZLdz09>

Dial by your location
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)

Meeting ID: 935 3617 6814
Passcode: 336600

Please access the Virtual Meeting through Six Stones Wellness Center at 2:30 pm



Mind Full, or Mindful?

Coping with Stress cdc.gov

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety.

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances



It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic.

Below are ways that you can help yourself, others, and your community manage stress.

Healthy Ways to Cope with Stress

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditate
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.
 - Avoid excessive alcohol, tobacco, and substance use.
 - Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
 - Get vaccinated with a COVID-19 vaccine when available.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Helping Others Cope

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

Mental Health and Crisis

- If you are struggling to cope, there are many ways to get help.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

During times of extreme stress, people may have thoughts of suicide. Suicide is preventable and help is available. More about the risk of suicide, signs to watch for, and how to respond if you notice these signs in yourself or a friend or a loved one, can be found [here](#).

(See the next Page)

Free and confidential crisis [resources](#) can also help you or a loved one connect with a skilled, trained counselor in your area.

If you are in crisis, get immediate help:

Call 911

[National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish,

[National Domestic Violence Hotline](#): 1-800-799-7233

[National Child Abuse Hotline](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

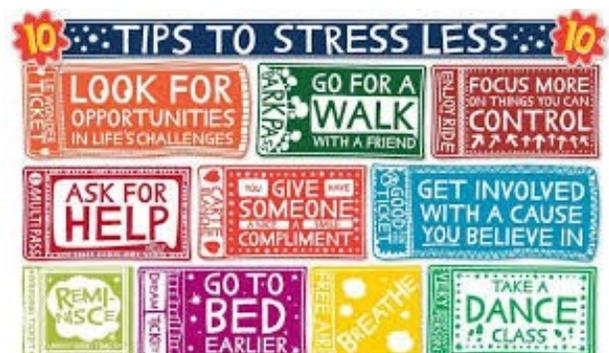
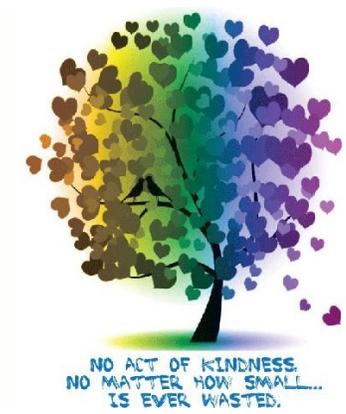
[National Sexual Assault Hotline](#): 1-800-656-HOPE (4673)

[Veteran's Crisis Line](#): 1-800-273-TALK (8255)

[Disaster Distress Helpline](#): CALL or TEXT 1-800-985-5990 (press 2 for Spanish).

[The Eldercare Locator](#): 1-800-677-1116

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html#everyone (adapted)



#BeThere to Help Prevent Suicide

<https://www.cdc.gov/injury/features/be-there-prevent-suicide/index.html> (adapted)

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities.

Suicide is more than a mental health concern.

A CDC study showed that a range of factors contribute to suicide among those with and without known mental health conditions.

Everyone can help prevent suicide by knowing the warning signs and where to get help.



The Facts About Suicide

Suicide is a public health problem because of its far-reaching effects:

- Suicide is the 10th leading cause of death in the United States. It was responsible for more than 47,500 deaths in 2019.
- In 2019, 12 million American adults seriously thought about suicide, 3.5 million made a planned suicide attempt, and 1.4 million attempted suicide.
- People who have experienced violence, including child abuse, bullying, or sexual violence are at higher risk for suicide.

Suicide prevention is everyone's business.

You can [#BeThere](#) and [#BeThe1To](#) help a friend, loved one, or coworker.

Everyone can learn the warning signs and how to get help.

Crisis intervention services are available 24 hours a day,
7 days a week by

calling 1-800-842-8979 during normal working hours 8:00 a.m. – 5:00 p.m.,
Monday through Friday (except holidays); a staff person will respond to your call.

[Siskiyou County Crisis Line](#) : 1-800-842-8979

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!



What to Watch For

Individual, relationship, community, and societal factors may influence the risk of suicide. Know the suicide warning signs including:

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

If they have a plan be present and call 911!

How to Get Help

Safeguard the people in your life from the risk of suicide and support them:

- Ask.
- Keep them safe.
- Be there.
- Help them connect.
- You can start with the National Suicide Prevention Lifeline (1-800-273-8255).
- Follow up.

Find out how these actions can save a life by visiting : www.BeThe1To.com .

Everyone can play a part in preventing suicide!

Mindfulness and Self-Compassion One Year into COVID-19

A simple practice may help us be kinder to ourselves when facing challenges.

Posted Mar 08, 2021

- **It's been a year of challenges, and many of us are beating ourselves up for not getting enough done. Why?**
- **Many of us fall into self-blame and shame. We expect ourselves to be super-human.**
- **A number of brain regions are associated with shame and guilt.**
- **People are generally more successful when they are self-compassionate.**
- **"Kindfulness" can strengthen immune function, improve sleep, increase cognitive flexibility, increase empathy, and lighten mood**

smile **OFTEN**

think **POSITIVELY**

give **THANKS**

laugh **LOUDLY**

love **OTHERS**

dream **BIG**



It's hard to believe that a year has passed since the World Health Organization declared COVID-19 a global pandemic. During these 12 months, our world has experienced a virtually unprecedented period of stress and turmoil. In the United States, we've seen more than 500,000 coronavirus-related deaths (more than 2.5 million worldwide), not to mention grappled with the ongoing realities of racial injustice, navigated tumultuous political waters, and reeled from disasters including massive power outages in Texas and wildfires on the West Coast. It's a wonder anyone has had the will to get out of bed in the morning.

Recently, I was speaking with a friend about her particular difficulties during the most recent months of the pandemic. She was facing a long list of challenges, including a possible layoff, facilitating her children's online schooling, coordinating care for her aging father, coping with the loss of a friend to COVID, and simultaneously trying to do freelance writing on the side. When I asked how she was doing with all this, she said, "I just feel so scattered. I should be getting more done. There must be something wrong with me." I was struck by the degree to which she was attacking herself for reacting in a completely normal way to a chaotic and difficult situation. I wanted to hug her and say, "You're doing the best you can. You can't blame yourself."

According to psychologist Shauna Shapiro, author of *Good Morning, I Love You: Mindfulness and Self-Compassion Practices to Rewire Your Brain for Calm, Clarity, and Joy*, my friend isn't alone. Self-kindness is in surprisingly short supply these days, and so many of us easily fall into self-blame and even shame. We seem to expect ourselves to be super-human, even though we're all merely human.

During a recent interview on KPFA Radio's *About Health*, Shapiro shared with me a piece of wisdom she learned from a Buddhist monk: "What you practice grows stronger." Unfortunately, many of us spend much of our time practicing *self-blame*.

Although the monk wasn't specifically referring to neuroscience, his observation generally accords with the research. "We know this now with neuroplasticity," Shapiro told me. "Our repeated thoughts, behaviors, emotions, they shape our brain." For instance, a recent review of 21 brain-imaging studies found that a number of brain regions were associated with experiences of shame and guilt. Another study showed that, in people with a history of depression, some of these regions may remain particularly sensitive to shame even after the depression has lifted. When participants with remitted depression were asked to read statements describing potentially "shameful" (socially discordant) actions while their brain activity was being monitored via fMRI, they displayed greater activation of the right amygdala and posterior insula than those without a history of depression. Although not conclusive, these findings are at least consistent with the notion that repeated self-blame and shame shape our brains' neural pathways.

And many of us shame ourselves a lot. We criticize ourselves for not doing enough and for doing too much, for taking too long to decide and for making rash decisions, for not working hard enough, and for working too hard.

Many people believe that, by engaging in such self-criticism, they're helping themselves improve or accomplish their goals. But, research shows just the opposite: *People are generally more successful when they're able to be self-compassionate.*

For Shapiro, self-compassion has the practice of mindfulness at its core. Most people think mindfulness is about deep breathing and paying attention to the present moment. Although this is true to some extent, Shapiro believes that this description is missing an important dimension: "*It's about how you pay attention: your attitude,*" she told me. "*It's an attitude of kindness.*"

In fact, Buddhist monk and teacher Ajahn Brahm sometimes calls mindfulness by an alternative name: "kindfulness." **According to research, mindfulness can strengthen our immune functioning, I improve sleep quality, increase cognitive flexibility, grow our empathy for others, and lighten our mood. And, most importantly, it may enable us to cut ourselves a break.**

Although there are many different mindfulness practices, most of us are familiar with only one. We may think that, in order to be mindful (or, perhaps we should say "kindful"), we must *sit in the lotus position, close our eyes, and focus on our breathing for 20 minutes*. Such formal practices can be useful for many people, of course. But, for other people, they can be a real turn-off. Luckily, this isn't the only way of cultivating mindfulness and self-compassion.

"I was going through a very difficult divorce," ; "And my teacher suggested I start practicing pathways of self-kindness. She wanted me to say, 'I love you Shauna,' every day. But, she saw my hesitation and suggested, 'How about just saying good morning when you wake up?' The next morning I woke up and tried it, and it felt kind of nice. Instead of this avalanche of shame and judgment, there was a flash of kindness. I continued to practice for many days and weeks. And then, I remember so clearly, it was my birthday. I woke up, and I put my hand on my heart and this image of my grandmother came to me, and before I knew it, I said 'Good morning, I love you Shauna, happy birthday.' And it was as if the dam around my heart burst."

It's a practice anyone can do in about 30 seconds. But, despite Shapiro's dramatic results, she cautions not to expect miracles. Instead, it's about slowly strengthening the brain pathways associated with kindness rather than self-judgment.

"I wish I could tell everyone that it has been this blissful life of love ever since. And, of course, that's not true," she admitted. "But, what is true is that this pathway of kindness toward myself was established. And I've continued to practice every day since then. Some days it feels raw and vulnerable and uncomfortable. Some days I feel this profound self-love. And no matter what happens, I keep practicing. Because, as we know, what we practice becomes stronger."

As we enter our second year of living with COVID-19, such intentional practices may help all of us strengthen our commitment to kindness and self-compassion. In a world filled with difficulties, *wouldn't it be nice to take self-blame off our personal list of challenges?*

By David B. Feldman Ph.D.

<https://www.psychologytoday.com/us/blog/supersurvivors/202103/mindfulness-and-self-compassion-one-year-covid-19>

Strategies for Good Mental Health Wellness

www.mhww.org/adapted

According to Sydney Youngerman-Cole, RN, BSN, RNC and Katy E. Magee, MA, "Many mental health problems begin when physical stress or emotional stress triggers chemical changes in your brain. The goal of treatment and prevention is to reduce stress and restore normal chemical processes in your brain."

Coping skills are methods a person uses to deal with stressful situations. Obtaining and maintaining good coping skills does take practice, as skills become easier over time. Most importantly, good coping skills make for good mental health wellness.

Some good coping skills include:

Meditation and Relaxation Techniques: Practicing deep breathing techniques, the relaxation response, or progressive muscle relaxation are ways to help reduce stress and induce relaxation.

Time to Yourself: It is important to set aside time everyday to allow yourself to relax and escape the stress of life. Give yourself a private, mini vacation from everything going on around you.

Physical Activity: Moving around and getting the heart rate up causes the body to release endorphins (the body's feel good hormones). Exercising provides some stress relief.

Reading: Escape from reality completely by reading. Reading can help you to de-stress by taking your mind off everyday life.

Friendship: Having friends who are willing to listen and support one through good and bad times is essential.

Humor: Adding humor to a stressful situation can help to lighten the mood.

Hobbies: Having creative outlets such as listening to music, drawing or gardening are great ways to relax and relieve everyday stress.

Spirituality: Actively believing in a higher power or divine being can have many health benefits. In recent studies, it has been found that people who pray have better mental health than those who do not.

Pets: Taking care of a pet helps distract the mind from stressful thoughts. Studies show that pets are a calming influence in people's lives.

Sleeping: The human body needs a chance to rest and repair itself after a long and stressful day. Sleeping gives the body this chance so that it is ready to perform another day.

Nutrition: Eating foods that are good for you not only improve your physical health, but they play a major role in your mental health. When your body gets the proper nutrients, it's able to function better in every capacity.

There are also **negative coping skills** which can hinder progress in dealing more positively with stress.

Actions that are harmful to both mental and physical health include:

- **Drugs**
- **Excessive alcohol use**
- **Self-mutilation**
- **Ignoring or storing hurt feelings**
- **Sedatives**
- **Stimulants**
- **Excessive working**
- **Avoiding problems**
- **Denial**

Ignoring or covering up how you feel does not solve the problem.

The next time you find yourself faced with a difficult or stressful circumstance, remember to practice your new coping skills. These skills lead to good mental health and happier you.



Adapted from the Canadian Mental Health Association of Richmond, BC

Mindfulness

What is mindfulness?

Mindfulness encompasses two key ingredients: *awareness and acceptance*.

Awareness is the knowledge and ability to focus attention on one's inner processes and experiences, such as the experience of the present moment.

Acceptance is the ability to observe and accept, rather than judge or avoid, those streams of thought.

What is the purpose of mindfulness?

The goal of mindfulness is to cultivate perspective.

Cultivate Perspective on one's consciousness, and identity that can bring greater peace mentally and relationally. Mindfulness may also be used in mindfulness-based therapies, to address stress, anxiety, or pain, and simply to become more relaxed.



Join us for
Veterans Coffee &
Services on March 12th at
10:00 am



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>

Veterans' Services

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

Address: 105 East Oberlin Road, Yreka.

Phone: 530-842-8010

Fax: 530-841-4314

Department Head: Victor Magdangal, CVSO

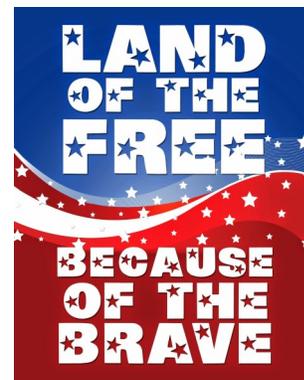
If you made it out of the valley,
reach back and lift others.



The **Veterans Affairs VA Outpatient Clinic Yreka** is located at 101 E. Oberlin Drive.

The clinic is open from 7:30 a.m. to 5:00 p.m.,
Monday to Friday.

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



KNOW YOUR BENEFITS



Federal Benefits for Veterans
Dependents and Survivors
2015 Supplemental Updates 2014 edition

Snap-Ed

Snap-Ed stands for Supplemental Nutrition Assistance Program Education. This program focuses on bettering the lives of others through nutrition and physical education. SNAP-Ed is a program of NVCSS and is coming to Six Stones Wellness Center honoring Cal-Fresh's Healthy Living with Nick Chandler.



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.

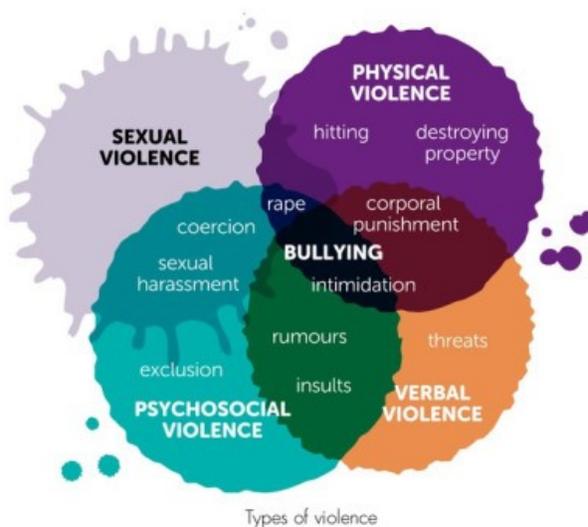
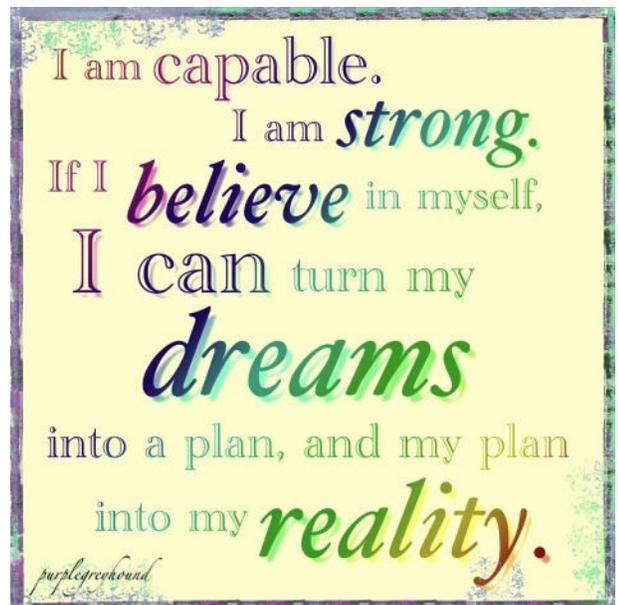
Call 530-938-4115 ext.134 for a recorded list of all sites and dates for the upcoming month. Dates are determined a year in advance by the Federal government.

TAKE THE **stigmafree** PLEDGE

3 Steps

- Live It!**
Learn about mental health by educating yourself and others.
- Share It!**
Share stigmafree on social media, strive to listen, tell your own story and see the person not the illness.
- Show It!**
Take action on mental health issues, raise awareness and make a difference.

#stigmafree www.nami.org/stigmafree



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