



Wellness Center Central Community Newsletter

NOVEMBER 2020

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Wellness Center Central Mission Statement: Our goals are to provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.

Community News Flash!

In Mid October, Wellness Center Central returned to partial in-person services. Unfortunately, due to the increase in COVID-19 cases in Orange County, we have returned to 100% remote services starting on November, 17, 2020. This is in accordance with the State of California "Purple Tier" designation. The program staff remain available to you, and your services needs continue to be a priority. Please call 714-361-4860 for more information or if you need support during this time.
We are all in this together!

- **Contact our Employment Specialist, Janice Jones at (949) 406-9687, for any employment support.**
- **Contact William.be@pathways.com to get education resources.**

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Temporary Hours:
Monday-Friday 8:30am-5pm

Health 101: Dragon Fruit

Dragon fruit is a tropical fruit that has become increasingly popular in recent years. Though people primarily enjoy it for its unique look and taste, evidence suggests it provides health benefits as well. Dragon fruit contains small amounts of several nutrients. It is also a decent source of iron, magnesium, and fiber. Moreover, dragon fruit contains several types of antioxidants. **Betalains:** Found in the pulp of red dragon fruit, these deep red pigments have been shown to protect “bad” LDL cholesterol from becoming oxidized or damaged.

Hydroxycinnamates: This group of compounds has demonstrated anticancer activity in test-tube and animal studies. **Flavonoids:** This large, diverse group of antioxidants is linked to better brain health and a reduced risk of heart disease.



Source: www.healthline.com

Inspirational Quotes

“The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees Opportunity In Every Difficulty.” – **Winston Churchill**

“If You Are Working On Something That You Really Care About, You Don’t Have To Be Pushed. The Vision Pulls You.” – **Steve Jobs**

“People Who Are Crazy Enough To Think They Can Change The World, Are The Ones Who Do.” – **Rob Siltanen**

“We May Encounter Many Defeats But We Must Not Be Defeated.” – **Maya Angelou**

“The Man Who Has Confidence In Himself Gains The Confidence Of Others.” – **Hasidic Proverb**

“The Only Limit To Our Realization Of Tomorrow Will Be Our Doubts Of Today.” – **Franklin D. Roosevelt**

Source: <https://motivationping.com/quotes>

PEACE LOVE

Managing Emotions

Emotions are strongly linked to memory and experience. If something bad has previously happened to you, your emotional response to the same stimulus is likely to be strong. **High positive energy** enables you to perform well, but you can't stay in that state forever. Sooner or later, you need to reduce the energy. Stay positive, and you will recover quickly. Dip into more negative feelings, and you will feel burnt out. **High negative energy** is quite an uncomfortable place to be: it feels like you're fighting for survival all the time.

Positive Actions to Help Manage Emotions:

1. Exercise: this releases reward and pleasure chemicals in the brain such as dopamine, which makes you feel better. Being fit also makes you healthier, which helps in managing emotions.
2. Be kind to others, because this helps stop you worrying about yourself.
3. Be open and accept what is going on around you. Learn to appreciate what is happening and avoid excessive criticism of others or of situations. This is linked to mindfulness, which is about being aware of what is going on in the moment.
4. It's good to talk. Spend time with other people and enjoy their company.
5. Distract yourself. Yes, you really are that shallow. Watching a bit of TV, reading, or surfing the internet will probably help you forget that you were feeling a bit down.
6. Don't give in to negative thinking. If you find yourself having negative thoughts, then challenge them by looking for evidence against them.
7. Spend time outside. Being in the fresh air, especially around nature, is very helpful for calming the emotions. There is evidence that we need to see horizons, so if you can go up a hill and look at the view then do.
8. Be grateful. Thank people in person for doing nice things for you, and remember it.
9. Play to your strengths. That often means doing things that you enjoy, but it also involves doing things that are good for you.
10. Notice the good things in your life. In old-fashioned terms, count your blessings.

Sources: www.skillsyouneed.com

Positive Affirmations

Self-help books often promote the power of positive affirmations. You, me, and almost everybody in the 21st century have heard of them. But if you've never tried them before, the idea can seem incredibly awkward. Telling yourself how awesome you are can seem bizarre, but if that's all you're doing, there are probably more effective ways to go about it. And if you're a skeptic, it doesn't hurt to understand how and why positive affirmations became so popular.

What are Positive Affirmations? A Definition

Fortunately, positive affirmations are almost as easy to define as they are to practice. Put simply, they are positive phrases or statements used to challenge **negative** or unhelpful thoughts.

Practicing positive affirmations can be extremely simple, and all you need to do is pick a phrase and repeat it to yourself. You may choose to use positive affirmations to **motivate** yourself, encourage positive changes in your life, or boost your **self-esteem**. If you frequently find yourself getting caught up in negative self-talk, positive affirmations can be used to combat these often subconscious **patterns** and replace them with more adaptive narratives.

Is There Science Behind Them?

Science, yes. Magic, no. Positive affirmations require regular practice if you want to make lasting, long-term changes to the ways that you think and feel. The good news is that practice and popularity of positive affirmations is based on widely accepted and well-established psychological theory.

Self-Identity and Self-Affirmation

Self-affirmation theory has three key ideas underpinning it. They are worth having in mind if we are to understand how positive affirmations work according to the theory. First, through self-affirmation, we keep up a global narrative about ourselves. In this narrative, we are flexible, moral, and capable of adapting to different circumstances. This makes up our self-identity.

Self-identity (which we're seeking to maintain, as mentioned before) is not the same as having a rigid and strictly defined self-concept. Instead of viewing ourselves in one "fixed" way, say as a "student" or a "son", our self-identity can be flexible. We can see ourselves as adopting a range of different identities and roles. This means we can define success in different ways, too. Why is this a good thing? Because it means we can view different aspects of ourselves as being positive and can adapt to different situations much better. Secondly, self-affirmation theory argues that maintaining self-identity is not about being exceptional, perfect, or excellent. Rather, we just need to be competent and adequate in different areas that we personally value in order to be moral, flexible, and good. Lastly, we maintain self-integrity by acting in ways that authentically merit acknowledgment and praise. In terms of positive affirmations, we don't say something like "I am a responsible godmother" because we want to receive that praise. We say it because we want to deserve that praise for acting in ways that are consistent with that particular personal value.

Source: www.positivepsychology.com

Discovering Purpose

For decades, psychologists have studied how long-term, meaningful goals develop over the span of our lives. The goals that foster a sense of purpose are ones that can potentially change the lives of other people, like launching an organization, researching disease, or teaching kids to read. Indeed, a sense of purpose appears to have evolved in humans so that we can accomplish big things together, which may be why it's associated with better physical and mental health. Purpose is adaptive, in an evolutionary sense. It helps both individuals and the species to survive. Many seem to believe that purpose arises from your special gifts and sets you apart from other people, but that's only part of the truth. It also grows from our connection to others, which is why a crisis of purpose is often a symptom of isolation. Once you find your path, you'll almost certainly find others traveling along with you, hoping to reach the same destination, a community. We can overcome isolation and discover purpose in many ways.

1. Read

Reading connects us to people we'll never know, across time and space. It is an experience that research says is linked to a sense of meaning and purpose. Reading fiction allows us to reason about the whole lives of characters, giving us specific insight into an entire lifespan without having to have fully lived most of their our lives. By seeing purpose in the lives of other people, we are more likely to see it in our own lives. In this sense, purpose is an act of the imagination. if you're feeling a crisis of purpose in your life, go to the bookstore or library or university. Find books that matter to you and they might help you to see what matters in your own life.

2. Disown Your Fear

We tell ourselves a lot of stories about what we can and can't do. Fear holds us back from achieving our goals and dreams. Fear is the number one killer of confidence. When we fear the outcome or a part of the process, we don't move forward. Taking action leads to increased confidence. Fear creates this vicious cycle that keeps us from realizing our goals and dreams and, in the process, robs us of our confidence. Start by making a list of your fears in relation to finding your purpose. What about this discovery process is frightening to you? What are the unknowns that make you overwhelmed? Think about how this contributes to your level of self-confidence. Next, identify the evidence that proves your fears wrong. What lie is your fear trying to tell you?

Source: <https://greatergood.berkeley.edu>

Comedy Corner

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where do you get seven from?!"

Johnny: "Because I've already got a cat!"



Did You Know?

Did you know Isaac Newton invented the cat door.

Did you know Hawaii is originally called the Sandwich Islands.

Did you know the Titanic was built in Belfast.

Did you know Einstein slept 10 hours a night.

Did you know Peru has more pyramids than Egypt.

Did you know a giraffe can go longer without water than a camel.

Did you know you burn more calories sleeping than watching TV.

Did you know there are more chickens than people.

Did you know America top selling ice cream flavor is vanilla.

Did you know human tight bones are stronger than concrete.

Did you know you begin to feel thirsty when your body losses 1% of water.

Source: www.did-you-knows.com



“Isolation”
By: Natasha C

Vision, Mission, and Values

Our Mission:

To provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.

Sudoku Challenge

		3	2					
5				1				9
	4	1			7			
					9			5
6	8						1	2
2			4					
			5			2	9	
9				3				4
					4	7		

Please contact us by phone at 714-361-4860 or
on our website wellnesscenteroc.com
Become a member today! Membership is free!