



Wellness Center Central Community Newsletter

AUGUST 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!

Due to the new novel coronavirus, COVID-19, Wellness Center Central's in person classes and groups have been suspended since March 17, 2020. We have transitioned many of our groups and classes online! Please join us by checking out our website, www.wellnesscenteroc.com or give us a call and we can help you access the online and phone groups. We hope everyone is staying healthy and well during this time!

- **New Online Groups for this month: Curiosity Topics, Schizophrenia Alliance, and Chess Club.**
- **Contact our Employment Specialist, Janice Jones at (657)222-5161, for any employment support.**
- **Contact our main center phone number (714) 631-4860 for any questions and technical difficulties.**

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

Published by: William Be

Health 101: Passion Fruit

Passion fruit is a nutritious tropical fruit that is gaining popularity, especially among health-conscious people. Despite its small size, it's rich in antioxidants, vitamins, and plant compounds that could benefit your health. Passion fruit contains a lot of antioxidants. In particular, it's rich in vitamin C, beta carotene, and polyphenols. Diets rich in plant-based beta carotene have been linked to a lower risk of some cancers, including of the prostate, colon, stomach, and breast. Passion fruit seeds are rich in piceatannol, a polyphenol that may improve insulin sensitivity in men with excess weight, potentially reducing type 2 diabetes risk when taken as a supplement. The high antioxidant content of passion fruit peels may give them powerful anti-inflammatory effects when they're taken as a supplement.

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

Coping with Pain

Manage your stress. Emotional and physical pain are closely related, and persistent pain can lead to increased levels of stress. Learning how to deal with your stress in healthy ways can position you to cope more effectively with your chronic pain. Eating well, getting plenty of sleep and engaging in approved physical activity are all positive ways for you to handle your stress and pain.

Talk to yourself constructively. Positive thinking is a powerful tool. By focusing on the improvements you are making (i.e., the pain is less today than yesterday or you feel better than you did a week ago) you can make a difference in your perceived comfort level. For example, instead of considering yourself powerless and thinking that you absolutely cannot deal with the pain, remind yourself that you are uncomfortable, but that you are working toward finding a healthy way to deal with it and living a productive and fulfilling life.

Become active and engaged. Distracting yourself from your pain by engaging in activities you enjoy will help you highlight the positive aspects of your life. Isolating yourself from others fosters a negative attitude and may increase your perception of your pain. Consider finding a hobby or a pastime that makes you feel good and helps you connect with family, friends or other people via your local community groups or the Internet.

Find support. Going through the daily struggle of your pain can be extremely trying, especially if you're doing it alone. Reach out to other people who are in your same position and who can share and understand your highs and lows. Search the internet or your local community for support groups, which can reduce your burden by helping you understand that you're not alone.

Consult a professional. If you continue to feel overwhelmed by chronic pain at a level that keeps you from performing your daily routine, you may want to talk with a mental health professional, such as a psychologist, who can help you handle the physical and psychological repercussions of your condition.

Source: www.apa.org

Begin Your Journey of Self-Discovery

Self-discovery should be an important goal for everyone. Some people go through life playing a role to mask who they really are. Others simply become what others want them to be. “Know thyself” is a classic platitude that continues to offer a valuable reminder today. It is only through the discovery of self that we can identify our purpose and actualize our potential. On the other hand, failure to embark on a pilgrimage of self discovery will cheat us of the opportunity to understand who we are and what we want out of life, as well as how we can help others during our time on this earth.

If you're not sure how to set about probing your psyche and emotional depths, the following tips can help you embark on your journey of self-discovery.

Read self discovery books

Start by getting acquainted with the concept of self discovery. Learn the meaning of a personal inventory and how to handle what you find. Reading books about the discovery of self will open new doors of insight and understanding. Some can be read as theory or text, while others are designed as workbooks so that you can read a section and then write your thoughts. Browse your favorite bookstore or library for more titles that will introduce you to strategies of self discovery.

Take inventory

Buy a journal or notebook and set aside some time to reflect on your life so far. What have you accomplished? What are your pet peeves? Do you have any major fears? Are you struggling against certain obstacles? Have you set realistic goals? Do you enjoy occasional daydreams or fantasies? List these in categories and see which area has more. That might be the category to focus on first. Or if you feel strong emotions about one of the areas, start with that one.

Experiment with self discovery activities

In addition to reading, keeping a journal, and reflecting on who you are or who you want to become, there are several additional things you can do to help you get to the root of your identity.

Explore your spiritual side by visiting a church, synagogue, or another place of worship. Pray or meditate about the origins of the universe, and your place in it. Compare your journey of the body to the journey of your soul. Reflect on your personal values and morals, and why they are important to you.

Think about your physical being. If you could be healthier, for example by losing a few pounds or developing a fitness routine, start planning your lifestyle changes. Set a reasonable goal, such as losing two pounds per month, and stick with it. Or start walking 10 minutes daily and increase that amount of time by 10 minutes each week until you can walk for an hour. (Get your doctor's consent before making specific changes like these.

Expand your mind. Make a list of relevant books that you can read at the rate of one per month. Consider joining a book group online or in your community to discuss stimulating books. Your innate ideas will come bubbling forth when you have the opportunity of discussing them with others. You might even change your mind on certain issues, which helps to cultivate an open mind.

Source: www.everydayhealth.com

Positive Self-image

A positive self-image is key to living a happy and healthy life. Research shows that people who feel confident in themselves can problem solve and make better decisions, take more risks, assert themselves, and strive to meet their personal goals. In fact there is an entire field devoted to it called Positive Psychology. Here are some ideas to help you be more positive and feel better.

Pay Attention to Your Thoughts:

One technique that will help you think more positively is to become aware of your negative “self talk” and replace negative thoughts with positive ones. Sometimes we imagine the worst in situations or about ourselves and often are unaware of the negative thoughts. Positive thoughts are those that make us feel good about our progress. Take time to praise yourself for the little things.

Evaluate relationships in your personal and work life, and surround yourself with those who are also positive and support you. Avoid negative words such as *worried, frightened, upset, tired, bored, not, never, and can't*. Remember to smile, it's contagious!

Nourish Your Body and Mind:

The basic human desire is to feel loved, and sometimes that love comes from within. And to love ourselves fully, we must incorporate healthy habits into our lives for a nourished body, mind and soul. A few ways you can nourish your body are by exercising, eating healthy foods, stretching and connecting to others. A few ways to nourish your mind are to do a mind puzzle, meditate, breathe deeply, and laugh. These activities in conjunction nourish both the body and mind simultaneously to improve positive thinking and a positive outlook.

Build Your Inner Confidence:

Having a low self-esteem or feeling bad about yourself may prevent you from doing the things you love. In addition, low self-esteem may hinder the development of healthy relationships with your family and friends. People with a poor self-esteem are more likely to experience declined physical and mental health that affects their daily lives leading to stress and anxiety.

Source: www.positivepsychology.com

Comedy Corner

A man went to his lawyer and told him, "My neighbor owes me \$500 and he won't pay up. What should I do?" "Do you have any proof he owes you the money?" asked the lawyer. "Nope," replied the man. "OK, then write him a letter asking him for the \$5,000 he owed you," said the lawyer. "But it's only \$500," replied the man.

"Precisely. That's what he will reply and then you'll have your proof!"



Did You Know?

Did you know scorpions glow under ultra violet light.

Did you know Brazil is named after a tree.

Did you know tennis was originally played with bare hands.

Did you know ants stretch when they wake up in the morning.

Did you know cats can jump up to 7 times their tail length.

Did you know tree hugging is forbidden in china.

Did you know there is no butter in buttermilk.

Did you know a crocodile can't stick out its tongue.

Did you know household dust is made of dead skin cells.

Did you know Bill Gates began programming computers at the of age 13.

Did you know there is no sound in space.

Source: www.did-you-knows.com



Dream Catcher

By: Deanna

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

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

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