

# SPRING NEWS



Issue 4  
APRIL 2022

## Your "GOOD TO KNOW" Many Mansions Resident Info Newsletter for APRIL 2022

### The Power of Mindfulness Exercises- Part Two :

#### Mindfulness Techniques:

There is more than one way to practice mindfulness, but the goal of any mindfulness technique is to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present. All mindfulness techniques are a form of meditation.

**Basic mindfulness meditation** – Sit quietly and focus on your natural breathing or on a word or "mantra" that you repeat silently. Allow thoughts to come and go without judgment and return to your focus on breath or mantra.

**Body sensations** – Notice subtle body sensations such as an itch or tingling without judgment and let them pass. Notice each part of your body in succession from head to toe.

**Sensory** – Notice sights, sounds, smells, tastes, and touches. Name them "sight," "sound," "smell," "taste," or "touch" without judgment and let them go.

**Emotions** – Allow emotions to be present without judgment. Practice a steady and relaxed naming of emotions: "joy," "anger," "frustration." Accept the presence of the emotions without judgment and let them go.

**Urge surfing** – Cope with cravings (for addictive substances or behaviors) and allow them to pass. Notice how your body feels as the craving enters. Replace the wish for the craving to go away with the certain knowledge that it will subside.

Mindfulness can be cultivated through mindfulness meditation, a systematic method of focusing your attention. You can learn to meditate on your own, following instructions in books or on tape. However, you may benefit from the support of an instructor or group to answer questions and help you stay motivated. ....Look for someone using meditation in a way compatible with your beliefs and goals. If you have a medical condition, you may prefer a medically oriented program that incorporates meditation. Ask your physician or hospital about local groups. Insurance companies increasingly cover the cost of meditation instruction.

We are BACK to Workshops !

Check Your Monthly Property Events Calendars for times and dates.

APRIL 1ST	April Fools Day
APRIL 2ND	Peanut Butter & Jelly Day
APRIL 6TH	Walking Day
APRIL 15TH	Tax Day
APRIL 17TH	Easter

NATIONAL DAYS  
What's Your Fav?

ZOOMS ARE ON THE 1ST & 3RD FRIDAYS @ NOON



A FREE WEBSITE FOR MINDFULNESS EXERCISES:

<https://mindfulness Exercises.com/free-mindfulness-exercises/>



#### Live Online Learning

We have teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community

CALL (888)-559-1614 FOR INFO

As the pandemic continues, many of us feel stressed, depressed, anxious, and overwhelming worry about the future. Ventura County Behavioral Health (VCBH) encourages anyone who is feeling this way to visit : [wellnesseveryday.org](http://wellnesseveryday.org).

The Senior Support Line is free for residents age 60+ that provides compassionate, confidential conversation and emotional support over the phone at 800-235-9980.

#### "The Warm Line"

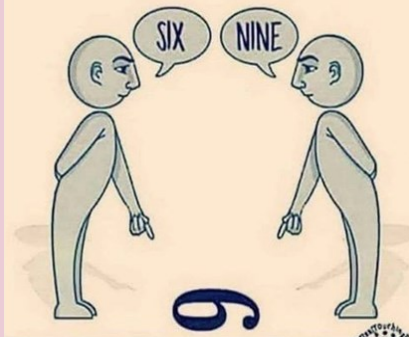
A new peer support phone line for a warm and friendly person to webchat or talk with !

[www.mentalhealthsf.org/peer-run-warmline/](http://www.mentalhealthsf.org/peer-run-warmline/) → 855-845-7415

# SPRING IS IN THE AIR !

## MR. C.'s CARTOONS AND CRACKUPS"

This is one of the realist things I've read...



Just because you are right, does not mean, I am wrong. You just haven't seen life from my side.

I made a large to do list for today. I just can't figure out who's going to do it

.....

I said I was good at making decisions. I didn't say the decisions I made were good.

I COULDN'T AFFORD AN ANCESTRY DNA KIT. SO I ANNOUNCED I HAD WON THE LOTTERY AND SOON FOUND OUT WHO ALL MY RELATIVES WERE.

The best times in our lives were not about what we had, but who we were with.



Is it really necessary for the first square of toilet paper to be glued down ?

### "RESIDENT SPOTLIGHT"

GABRIELA R. @ Esseff Village

I know that my life is getting better here because I was struggling with instability, and it progressively got better with stable support. Thanks to the support of case management and property management I feel a lot better. I now have a better perspective of my life. I am able to count on myself and hold myself responsible and once again I want to thank everyone in the community for their understanding and support. I truly appreciate all the help and support that has been shown to me. Now I can be focused on a positive path. I am working on gaining employment and working on myself for self growth. I know I can do it because I've been there before, some struggles brought me down but I am building myself back up.

