



Los Angeles County
Office of Education
**Employee Assistance
Service for Education**

MARCH 2024 |



CONNECT WITH EASE

*Employee Assistance Service
for Education*

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Workshops & Resources

EASE CAN HELP DURING DIFFICULT TIMES

CONNECT WITH EASE:

(800) 882-1341

**Free confidential professional
help for district employees and
family* members:**

Work-related concerns

Family issues

Emotional distress

Stress

Anxiety

Depression

Substance use

Grief & Loss

Life transitions

**Professional counselors are ready to help.
Call the EASE Hotline for 24/7 assistance.**

MESSAGE FROM EASE

With the arrival of spring, a time synonymous with renewal and growth, I'm excited to present our March newsletter filled with valuable insights aimed at enhancing well-being and promoting proactive mental health care.

The "Family-Friendly Activities" section has a variety of cultural events and festivals in March. From art nights and outdoor festivities to museum visits and unique entertainment options, there's something for everyone to enjoy. Explore the vibrant atmosphere of the city and make the most of the season with these engaging activities.

In celebration of National Women's History Month, we honor the remarkable Mamie Phipps Clark, PhD., a trailblazing psychologist whose groundbreaking research catalyzed pivotal strides in the Civil Rights Movement. Her legacy continues to inspire and shape our collective journey towards equity and inclusion.

Delve into our feature article, "Spring Cleaning for your Mind," which explores the transformative power of reflective personal inventories. Discover how embracing this practice can invigorate your mental well-being amidst the season of renewal.

In "Spring Renewal: Elevate Self-Care in 5 Ways," we delve into strategies to enhance your well-being as we embrace the season of renewal. Be sure to check out the accompanying activities inventory PDF for additional self-care resources.

Lastly, don't miss out on our workshops and resources, including insights from our partnership with Calm Business. These invaluable tools are designed to support your holistic growth and resilience.

Thank you for being an integral part of our community. Together, let's embrace the spirit of spring and nurture our well-being with intention and grace.

Low or No-Cost Family-Friendly Activities in March

- **Fridays, Mar 1 - June 7 (USC Exposition Park)** First Fridays at The Natural History Museum
- **March 1 - 3 (Dana Point)** Festival of Whales
- **Friday, March 8 (Pasadena)** ArtNight Spring 2024
- **Sunday, March 10 (Redondo Beach)** FESTIVAL OF THE KITE
- **Saturday, March 16 (Redondo Beach)** Holi on the Beach
- **Saturday, March 23 (Various Locations in L.A)** Museums Free-For-All
- **Various Dates in March (Downtown LA)** Rooftop Cinema Club
- **Various Dates in March (Boyle Heights)** Luna Luna: Forgotten Fantasy



Spring Cleaning for Your Mind: Embracing Reflective Personal Inventories

by EASE staff

In the pursuit of self-discovery and growth, let's explore the transformative practice of reflective personal inventories. Originating in methodologies like Alcoholics Anonymous, personal inventories were tools for accountability and progress tracking. However, their relevance extends far beyond recovery circles.

A personal inventory is essentially a self-assessment encompassing various aspects of life – from relationships to career aspirations. It's a journey of introspection, offering profound insights into one's values, goals, and areas for improvement.

Begin by carving out dedicated time for self-reflection. Whether employing templates or jotting down thoughts by hand, this process allows for a deeply personal exploration of your inner landscape.

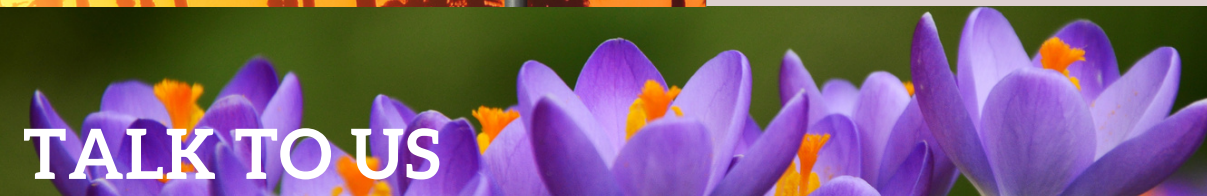
Start with broad questions to assess the overall state of each aspect of your life. Reflect on accomplishments, setbacks, and the alignment of your actions with your values. By assigning ratings and asking pointed questions, you gain clarity on where you stand and where you aspire to be.

Consider using tools like the [EASE Daily Activity Assessment](#) to evaluate whether your activities drain your energy or nourish your well-being. This resource guides you toward a balanced and fulfilling life.

Personal inventories aren't just about self-reflection – they're about action. Armed with newfound insights, you can set realistic goals aligned with your values and aspirations. Whether it's fostering stronger relationships, honing professional skills, or pursuing personal passions, a personal inventory serves as a roadmap for growth and fulfillment.

Remember, self-awareness is an ongoing journey, not a destination. Regularly revisit and update your personal inventory, celebrating progress and recalibrating as needed. In doing so, you cultivate a deeper understanding of yourself and pave the way for a more purposeful and fulfilling life. Embrace the transformative potential of reflective personal inventories – and embark on a journey of self-discovery and growth.

<https://zapier.com/blog/personal-inventory/>



TALK TO US

EASE has counselors if you want to talk.
(800) 882-1341

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UPCOMING CALM WORKSHOPS



Business

Sleep is Your Superpower

Workshop for Employees in Education

Sleep is often viewed as a luxury. However, sleep powers our minds, our bodies, and our teams. There is no tenant of health that sleep doesn't affect. Even a few hours of lost sleep impacts our thinking, mood, and memory. During this session we will learn about the effects of poor sleep and share practical tools to unleash the power of rest.

At EASE, we care about your health and well-being.

This workshop is free for all employees of EASE member organizations. Employees must register to attend.

For more information, please contact the EASE office at (562) 922-6683.



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Sign Up

MARCH 20, 2024
12:00PM- ONLINE

Session Duration: 45 minute workshop + interactive exercises

A recording will be made available for those unable to attend.

MARCH CALM CALENDAR

"Be loving and gentle with yourself, and you will be able to hold your own heart."
— Tamara LeVitt

1 Make a list of things that motivate you. Reflect on how to weave these into your days.	2 Give yourself 15 minutes of intentional screen-free time.	3 Try a "Loving Kindness" meditation today.	4 Take one thing off your to-do list and replace it with something joyful.	5 Make a plan to celebrate a small win today.	6 Find a quote or affirmation to support you today.	7 Add a new habit to your bedtime routine.
8 Go for a walk in nature.	9 Mindfully enjoy a nourishing meal today.	10 Do one small thing to make your workplace more welcoming. Try incorporating essential oils, a plant or a simple cup of hot tea.	11 Let the sounds of nature and peaceful piano music guide you through your day with the "Piano Nature Melodies" playlist.	12 Give your eyes a break every hour. Close your eyes and just breathe for 30 seconds.	13 Write down three reasons why you're proud of yourself.	14 Lean into self-care today. Take a bath, meditate, or have a nap.
15 Tune into the "Self-Compassion" meditation in the Relationship with Self series.	16 Review your list of nourishing acts. Try another one today!	17 Cuddle up with a good book and a cozy blanket.	18 Kick off your day with mindful movement — Daily Moves, stretching, yoga.	19 Craft a loving kindness phrase: May I be _____ May I be _____ May I be _____	20 Get an early night and wind down with the "Regenerative Gratitude" sleep meditation.	21 Close your eyes and breathe deeply for one minute.
22 Do an activity that's just for fun.	23 Check in on a friend and offer them some encouragement.	24 Do one thing that will help you feel more organized for the week ahead.	25 Play a Calm playlist or soundscape while you work today.	26 Reflect on what you've learned about yourself lately.	27 What's the kindest thing you can do for yourself today? Do it.	28 Notice where you hold tension. Bring your awareness there and invite a softening.
29 Free-write whatever's on your mind for 5 minutes.	30 Tune into your body with a body scan meditation.	31 Reflect on how you nourished yourself this month. What will you take into next month?				



Women's History Month



Celebrating Mamie Phipps Clark: Champion of Equality in Psychology

As we commemorate Women's History Month, we honor Mamie Phipps Clark, a pioneering psychologist whose work reshaped our understanding of race and child development. Born in Hot Springs, Arkansas, Mamie shattered barriers as the first Black woman to earn a psychology doctorate from Columbia University. Alongside her husband, Kenneth Clark, she conducted groundbreaking research, including the influential "doll test," which highlighted the detrimental effects of segregation on children's self-esteem. Despite facing discrimination, Mamie co-founded the Northside Center for Child Development, championing equality in education and civil rights. Her legacy serves as a beacon of inspiration during this Women's History Month and beyond, reminding us of the power of resilience and advocacy in creating a more just society.

SPRING RENEWAL: ELEVATING SELF-CARE IN 5 WAYS:

Spring offers an opportunity for rejuvenation, extending beyond mere household cleaning. Reflect on whether current practices truly benefit you; if not, embrace the season as motivation for change. Consider these expert-recommended practices tailored for spring:

- 1. Choose In-Season Produce:** Boost physical and mental health by incorporating fresh spring fruits and vegetables.
- 2. Enjoy Longer Days with Walks:** Take advantage of daylight for outdoor walks to reduce stress and improve mood and sleep.
- 3. Bring Nature Indoors:** Add plants to your space to enhance well-being and foster a connection with nature.
- 4. Set Boundaries:** Limit social media and work-related activities to prevent burnout.
- 5. Prioritize Healthcare:** Find a primary care provider who values your concerns and emphasizes preventive care.

Newsletter edited by Jose Barcelona & Cristina E. Clarke, EASE MFT Interns

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