

The BurnNet News

September 2019, Volume 38, No. 9

BURNNET SURVIVORS MEETING



Thursday, **September 5**, 7:30-9:30pm

The BurnNet Survivors meet monthly to discuss issues and raise questions related to burns. Burn survivors, family members and significant others are invited. The BurnNet Survivors meetings are held on the 7th floor of the Davis Tower, Room 7705. For more information, call Deb Jones RN at (916) 734-5596 or debjones@ucdavis.edu

7 SOOTHING YIN YOGA POSES TO CALM ANXIETY

When you're stressed to the max, it's time to drop down to your mat and engage in some seriously calming yin poses. Yin is a type of yoga that targets the deep muscle tissues of the body called fascia where trigger points (or knots) can form when you're stressed. The deep stretches in yin work to release pain and tension in the fascia by holding passive postures for an extended period of time, allowing the fascia to soften and release.

Just like getting a massage, the physical tension releasing effects of yin yoga has a positive effect on our mental state, helping us to feel more relaxed and happy. Yin yoga postures can also be meditative, helping you to become present and bringing your nervous system into its calm rest and digest state, which allows stress and anxiety to melt away.

Use these yin yoga poses 1-2 times daily to relax and soothe your chronic stress.

Things to remember:

- Because they work deep into the muscle, yin postures can feel intense. This intensity should feel like when you are getting a deep tissue massage. Breathe through it.
- If you ever feel sharp pain, come out of the pose.
- For maximum benefits, practice your yin poses in a calm, quiet environment.
- The first few times you practice yin poses, you may periodically feel a bit antsy. Just come back to your breath and focus on surrendering to the moment.
- As you become more experienced with these poses, you can practice holding them longer.

~Kelly Collins, NASM Certified Personal Trainer

7 SOOTHING YIN YOGA POSES

TO CALM ANXIETY

BUTTERFLY
2 MINS



**MELTING
HEART**
2 MINS



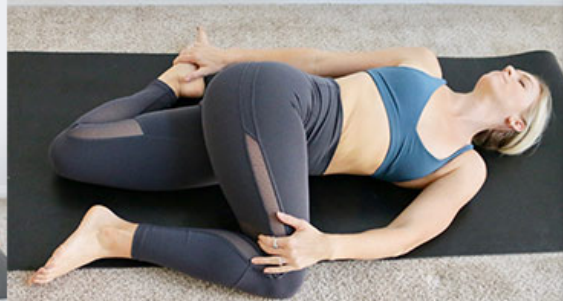
DRAGONFLY
2 MINS



**SLEEPING
SWAN**
2 MINS PER SIDE



CAT TAIL
1-2 MINS PER SIDE



STIRRUP
2 MINS



SAVASANA
5 MINS



by **Kelly Collins**

Kelly wanted to share her passion for an active lifestyle with others and became a Mad Dogg Certified Spinning Instructor and a NASM Certified Personal Trainer.



UPCOMING EVENTS



AUGUST 30 BOGLE FRIDAY ALFRESCO – FFBI NIGHT

Bogle Winery, 37783 Co Rd 144, Clarksburg, CA 5:00-7:30PM. Join us for live music by the Salvage Covers band. Enjoy purchased meals from Gyro King and Tuscan Sun Pizza Co. food trucks, and Bogle wines at this family-run winery amid the vines. Tickets available at the door: \$15 General Admission/ \$10 Club Members. Proceeds from entry ticket sales for this event will go to FFBI.



SEPTEMBER 5 TOUGH MUDDER ALL-YOU-CAN-EAT DINNER

The Brickhouse, Elk Grove All-you-can-eat tri-tip dinner with all the fixin's! Proceeds benefit the Firefighters Burn Institute Contact lisa@ffburn.org for details



SEPTEMBER 22 20th ANNUAL BURN COMMUNITY REUNION PICNIC

Natomas Park, Sacramento 11:00am – 2:00pm

Music – Picnic Lunch – And so much more! Join us for a fun, relaxing, outdoor event with burn survivors of all ages and their families, firefighters, and burn unit staff! Hosted by the Firefighters Burn Institute. Fun and free family event. Please RSVP to kristen@ffburn.org by September 9th.



OCTOBER 12 HEROES, HOPS & HOT RODS

Featuring local breweries, food trucks, classic cars, games, raffle and more! Save the Date! More ticket information to come.

OTHER SUPPORT OPTIONS



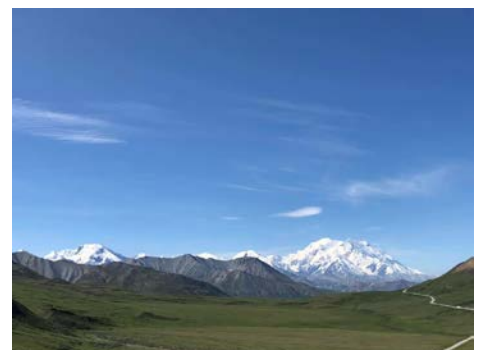
Phoenix Society for Burn Survivors

Find support and connection whenever you need it, wherever you are through Phoenix Society's active online community.

- **[Peer Support Chat](#)**: This weekly, moderated chat gives burn survivors a place to connect and discuss lifelong burn recovery.
- **[Online Learning](#)**: These free online courses are designed to empower burn survivors and their families with tools to handle social situations after a burn injury.
- **[Resource Library](#)**: Browse the resource library for burn survivor stories, information, and articles about the physical, emotional, and social aspects of recovery.
- **[Blog](#)**: Stories and tips by the burn community, for the burn community.
- **[Burn Support Magazine](#)**: Also, join their mailing list for updates and other Phoenix Society resources!

QUOTE

Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean.
~ John Muir



CLOTHING DONATIONS WELCOME

Rehab and Acute Therapies maintain a clothing and shoe closet to assist with patient care and hospital discharge. Currently we could use:

- T-shirts: sizes large through 4XL
- Pull-on shorts (basketball type shorts): sizes large through 3XL
- Sneakers/ athletic shoes, new or gently used (easily washable): sizes 9 or larger

Please share with colleagues. To donate, please contact Kurt Steen MSPT at (916) 734-3415



SQUIRREL MEDICINE

Squirrel medicine reminds us to set aside some of our most precious resources as an investment for the future.



Native Americans considered all living beings as brothers and sisters that had much to teach including squirrels. These small creatures taught them to work in harmony with the cycles of nature by conserving for the winter months during times when food was plentiful. In our modern world, squirrels remind us to set aside a portion of our most precious resources as an investment in the future. Though food and money certainly fall into this category, they are only some of the ways our energy is manifested. We can conserve this most valuable asset by being aware of the choices we make and choosing only those that nurture and sustain us. This extends to the natural resources of our planet as well, using what we need wisely with the future in mind.

Saving and conservation are not acts of fear but rather affirmations of abundance yet to come. Squirrels accept life's cycles, allowing them to face winters with the faith that spring will come again. Knowing that change is part of life, we can create a safe space, both spiritually and physically, that will support us in the present and sustain us in the future. This means not filling our space with things, or thoughts, that don't serve us. Without hoarding more than we need, we keep ourselves in the cyclical flow of life when we donate our unwanted items to someone who can use them best. This allows for more abundance to enter our lives, because even squirrels know a life of abundance involves more than just survival.

Squirrels use their quick, nervous energy to enjoy life's adventure. They are great communicators, and by helping each other watch for danger, they do not allow worry to drain them. Instead, they allow their curious nature to lead the way, staying alert to opportunities and learning as they play. Following the example set by our squirrel friends, we are reminded to enjoy the journey of life's cycles as we plan and prepare for a wonderful future, taking time to learn and play along the way.

~Madisyn Taylor, www.dailyom.com and author of Unmedicated: The Four Pillars of Natural Wellness