

Sleep, Rest & Wellness

Zoom Rally on Sleep Practices & Mental Health

Saturday, March 13, 2021 · 1:00 pm PST · Zoom

inglewoodfirst.org/getwell



get well.
MENTAL HEALTH SERIES

in partnership with [Being the Church LB](#) &
MSW Students from [Cal State Univ, Long Beach](#)

Inglewood
first united methodist church



Inglewood First United Methodist Church ([@inglewoodfirst](#)) with Master of Social Work students from **California State University, Long Beach** and **Being the Church, Long Beach** ([@beingthechurchlb](#)) aims to help the well-being and mental health of Inglewood & the wider community.

UPDATED AGENDA!

- 1:00 - 1:05 pm **Gathering & Completion of Pre-Rally Survey** ([Click here](#))
- 1:05 - 1:10 pm **Welcome, Purpose & Introduction**
Rev. Victor Cyrus-Franklin, Lead Pastor, Inglewood First UMC
- 1:10 - 1:35 pm **Sleep, Rest & Wellness Presentation**
Kelly Lovejoy, MSW Candidate, Cal State University, Long Beach
- 1:35 - 1:45 pm **Break-Outs**
- What affects your ability to get a good night's sleep?
 - What has worked for you in the past to get a good night's sleep?
 - From what you have learned today, what do you feel you can apply to your own life to improve your sleep?
- 1:45 - 1:55 pm **Large Group (Question & Answer)**
- 1:55 - 1:58 pm **Announcements & Completion of Post-Rally Survey** ([Click here](#))
- 1:58 pm **Closing Prayer**
Rev. Melinda Teter Dodge, Being the Church, Long Beach

Announcements

- **Next 'Get Well' Rally: March 27 @ 1pm PST**
Breathing & Breathwork with the Tree Yoga Cooperative | [Click to here to sign up!](#)
- **Rally Against Anti-Asian Violence: Today @ 3:30pm**
Japanese American Museum in Little Tokyo, LA. Join in person or line: [@jamuseum](#) | bit.ly/loveourcommunities



Sleep Resources

Organization	Website	Services/Information offered
Huberman Lab Podcast	❖ Master Your Sleep & Be More Alert When Awake Huberman Lab Podcast #2 - YouTube	<ul style="list-style-type: none"> ❖ Provides information on what makes us sleepy, sleep soundly, and feel awake and alert ❖ Provides tools to improve sleep and wakeful state
Stanford Health Care	❖ Cognitive Behavioral Therapy for Insomnia Stanford Health Care	❖ Provides information on the use of cognitive behavioral therapy to address insomnia and improve sleep
Reveri	❖ Home Reveri Health	❖ Provides hypnosis resources to help individuals relieve stress, pain, and sleeping problems
Yogi Amrit Desai	❖ I AM Yoga Nidra™ led by Yogi Amrit Desai - YouTube	❖ Provides a sleep-based meditation by guiding you through a Yoga Nidra practice
Body Scan	<ul style="list-style-type: none"> ❖ Body Scan Meditation — Mindful (stanford.edu) ❖ Guided meditation Body scan for sleep and deep relaxation - YouTube ❖ 5 Minute Body Scan Meditation - YouTube 	❖ Provides a guided meditation to offer greater awareness of the body, which can reduce anxiety and improve sleep

Mental Health Resources (Inglewood and Los Angeles Area)

Organization Name	Contact Info/Location	Services
Insight LA Meditation	9940 Westwanda Dr. Beverly Hills, CA 90210 https://insightla.org/	<ul style="list-style-type: none"> ❖ Offers online meditation and mindfulness classes, retreats, and special events to the Greater Los Angeles area ❖ There is no required fee, classes are based on donation
Tree Yoga Cooperative	Los Angeles, CA Phone: 310-710-0744 https://thetreeyogacoop.org/	<ul style="list-style-type: none"> ❖ Provides yoga and wellness practices to the community ❖ This organization has a mission to expand the accessibility of yoga and wellness practices, and has certified over 150+ yoga instructors of color in South Los Angeles.
Didi Hirsch Mental Health Services	323 N. Prairie Inglewood, CA 90301 Intake: 888-807-7250 https://didihirsch.org/	<ul style="list-style-type: none"> ❖ Provides free mental health, substance use disorder, and suicide prevention services ❖ Hours are Monday-Friday 8:30-5 PM
Adult Day Program Centers (Developmental Disabilities)	Service/Intake Administration 105 S. Prairie Ave Inglewood, CA 90301 (310) 674-8345	<ul style="list-style-type: none"> ❖ Provides adult day care services for adults with developmental disabilities ❖ Hours are Monday – Friday 9am-1pm