

Resilience, Inc.
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Resilience Inc. Newsletter: March 25/April 2016 (Volume 8)

This month's newsletter includes:

An Easter Message from Lori Ashcraft, Ask Emily, Fun Facts About Easter and Resilience Inc. selected to speak at the PRA 2016 Recovery Workforce Summit

An Easter Message from Lori Ashcraft

Hello Friends,

Just want to wish you a Happy Easter, or Happy whatever you celebrate this time of year. While I started at an early age with strong spiritual interests, my family did not and was not religious. So Easter for us was a time for Easter egg hunts, jelly beans, and a big dinner of both a ham and a turkey, sweet potatoes with marshmallows and pineapple, and homemade bread and lemon meringue pie. After my brother and I left home, we always returned for Easter dinner and mom always made a lot of extra so we could pack up plastic boxes of left overs and enjoy them for the next week.



The last few years I've thought of this time of year as a time of new birth, new growth, and new beginnings. The earth seems to come back to life after hibernating for the winter. Plants grow bright new leaves, flowers bloom and animals have babies. I want it to stay this way forever.



When I compare my recovering experience to this time of year, it feels like those times when I come out of a fog of negativity or confusion and find my center again. It is at that center that I experience love and joy and wellbeing and even a little peace. Things are new again. They are bright and shiny. I wish it would stay this way for ever. But I know it won't. Just like the natural seasons, there will be a hot dry Summer, a pretty but dwindling Fall

that fades into a Winter that can be cold and lifeless – all the energy has returned to the earth's floor. Just when it seems like the end is near, Spring bursts forth again.

This is how recovery is for me. It is not a static condition. It is not something to attain once and forever. It goes through a cycle of ever circling growth and maturity. It comes in bright colors, then it gets cooked in the heat of summer, and finally parts of me die out in a happy-sad beautiful-terrible moment that precedes a void that is often so dark I get lost in it. Then inevitably, Spring comes again with yet another level of growth and renewal.

Recovery is different for each of us. I wanted to share with you what it's like for me. Whether this reflects your experience or not, I hope you'll take time to enjoy the beauty of this time of year and let it renew your spirit and bring you joy.

Much love,

Lori

Ask Emily

Happy Easter Everyone,

Yes, this is last year's Easter outfit! It still fits! I decided to wear my cat-eye glasses for this picture since I am chatting with a very special cat this month. You'll see how relaxed "Momma Cat" looks in her picture, but don't let that fool you. Inside this portrait of serenity boils a cauldron of frustration that I think most of us can all relate to. In spite of being in the lovely family of Deborah DeMasse-Snell, who is the Designated Federal Official for the Center for Mental Health Services' Mental Health National Advisory Council, Momma Cat, otherwise known as "Precious-which she isn't" is frustrated. Let's see if we can be of any assistance.



Dear Emily,

As you can see from my photo, I'm trying to relax on a book entitled "20 Minute Retreats". And, as you can also see, I am trying to take a retreat by napping my frustrations and anxieties away. There must be a better approach. This one is making me fat and lazy. The source of my frustration is that I have a hard time getting the humans in this family to understand me and what I want. They are a bright bunch, but they just don't get me. I need some advice. Please help.

Yours in frustration,

Momma Cat.



Dear Frustrated MC,

Part of the problem could be just that – you are trying to MC everything. I don't mean to do any "feline profiling" but you cats do have a way of taking charge and running the show. I suggest you begin with a little self-reflection. Ask yourself if you are being reasonable in your expectations. Much to my own disappointment, I find that humans are not good at mind-reading, even other humans. Once you've taken a closer look at yourself and your expectations, here are some pointers that have helped me a lot in my relationships with humans and other species as well:

- To have a friend, be a friend. If we want understanding from others, we can start by being the first to extend it.
- Get up from your book and start doing things that interest others. Once others are interested in you they are much more willing to try and figure out how to be with you in mutually satisfying ways.
- Try purring more often, even when you don't feel like it. Humans seem to be drawn to happiness, especially when they are not very happy themselves. This is a gift you can give them and in exchange, they may just begin to look for ways to make you happier. I wish dogs could purr. It's a great form of communication!

OK MC, I wish you the best and hope you can use this advice to create a frustration-free relationship with your family.

Emily

A request from Emily:

Hello Again....Emily here!! If you have a question you would like to submit to me - I would love the opportunity respond. Send your questions to mail@resilience4u.us and I will respond in to your question in an upcoming newsletter. Also, feel free to send my your picture too!!

Resilience Inc. proudly announces that the *Peer Support Learning for the 21st Century - Building Resilience on a Foundation of Recovery and Whole Health Workbook and Training Program* is now available!!

Are you ready for the next century in peer support? Well, watch your footing, the behavioral health landscape is shifting. We haven't yet completed the second decade of the 21st Century, but we can

already see some dramatic changes are upon us. Integrating primary healthcare, merging addiction recovery services with behavioral health, incorporating pay for performance measures, and undergoing greater quality and compliance scrutiny describes just a little of our new reality. It's no longer enough to be a specialist in one area without also being a generalist in many others.

For more information on this dynamic Workbook and Training Program, please call us at **530-362-7070**.

Fun Facts About Easter

Here are some interesting and fun facts about Easter that you may not know (from FunDoo Times):



- Easter always falls between March 22nd and April 25th.
- The first Easter basket was given the appearance of a bird's nest.
- Chocolate eggs were made for the first time in Europe, in the 19th century. Till date, they remain one of the favorite Easter treats.
- Easter is the top-selling confectionery holiday in the west, second only to Halloween.
- On Easter, 76% people bite off the chocolate bunny ears first, while 5% bite the feet first and 4% eat the tail first.
- As per the Guinness Book of World Records, the largest Easter egg made till date, was just over 25-ft high and was made of chocolate and marshmallow. Weighing at 8,968 lbs., the egg was supported by an internal steel frame.
- Red jellybeans qualify as the most favorite food stuff for kids on Easter.
- Easter is known by different names across the world. Some of them are: English - Easter, French - Paques, Spanish - Pascua, Italian - Pasqua, Albanian - Pashke, German - Ostern, Greek - Pascha, Norway - Paaske, Holland - Pasen and Swedish - Pask.
- Egg, bonfires & candles, lily, cross, palm, bunny and lamb are the most popular symbols of Easter.
- In the mid-20th century, it used to take as much as 27 hours to make a marshmallow peep. Today, the time has been reduced to six minutes.



Resilience Inc. selected to speak at the PRA 2016 Recovery Workforce Summit

The Resilience Team is packing their bags to speak at the PRA 2016 Recovery Workforce Summit which is being held in Boston, Massachusetts from May 23rd through the 25th. If you are not already registered to attend – act

TODAY!! Resilience Inc. will be providing three sessions during the summit and includes; 1) The Bounce Back Factor – Creating a Resilient Workforce, 2) Organizational Spirit and 3) Resilience Action Planning – Creating Resilient Teams. We sure hope to see your there!!

If you would like to register for the 2016 PRA Recovery Workforce Summit, please feel free to give us a call and we will provide you all the information you need. Call us at **530-362-7070**.



From the Resilience Team



For more information on our **Consulting and Training Services** or information on our *Peer Support Learning for the 21st Century - Building Resilience on a Foundation of Recovery and Whole Health Workbook and Training Program*, call **530-362-7070**.

Visit our website at www.resilience4u.us

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