

Resilience, Inc.  
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## Resilience Inc. Newsletter: June 3, 2016 (Volume 10)

**This month's newsletter includes:**

### **A Message from Lori Ashcraft, Shift Happens, Ask Emily and Unique Holidays for You to Celebrate in June.**

#### **A Message from Lori Ashcraft**

Hello Friends,

Chris (Martin) and I just finished doing one of the things we love most – facilitating resilience classes for peers and family members. We never cease to be amazed and moved by their courage and commitment!!



One of many memorable moments came on the day we talked about facing fears in the peer class. We talked about how most of us are afraid of falling on our face. Then someone pointed out that falling on our face was moving forward –falling forward. Another chimed in and pointed out that sometimes we need to get down to earth in order to find our path.



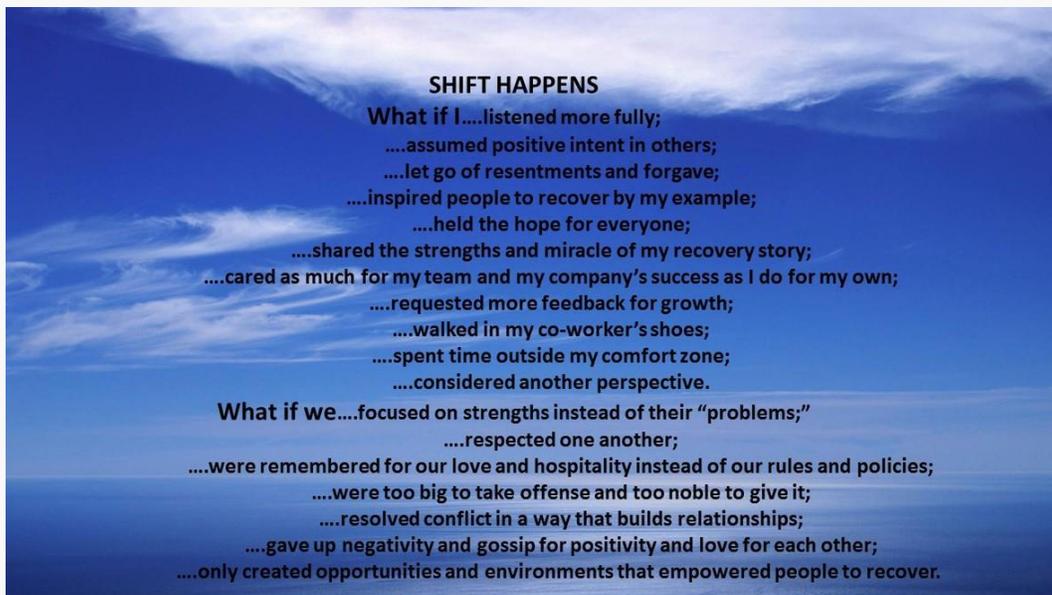
We went on to talk about our fears of things that cause us pain – physical, emotional, mental or spiritual. In the CAL family resilience class we remembered stories about oysters and how they handle painful and irritating grains of sand that penetrate their living space. They spin layers of smooth coats over that grain of sand, turning it into a beautiful and valuable pearl.

Chris reminded us of another sea creature that has a unique way of dealing with painful and distressing circumstances related to growth – the lobster. When the lobster gets too big for its shell it feels the pinches and pains of growth. So it sheds its too-small shell and grows a bigger one to accommodate its growth. We all agreed that following the “lobster model” would allow us to embrace our emotional and spiritual growth with much less painful side effects. This would require us to be vulnerable and “shell-less” now and then, and it would take courage to evolve into our new size.



For a great ending, Chris’s son, Christopher, made us a lovely series of slides backed with inspiring music. I want to share the words with you as a gift for summer. It’s called "Shift Happens."

Lori



## Ask Emily

Hi Folks,

"If you're going to San Francisco, be sure and wear some flowers in your Hair." Yes, it's been 49 years since 1967, "the summer of love". I thought it would be great to have another one this summer so I got my "flower child gear" out and I'm ready to go. We don't have to repeat the last one, we could love each other more this time around.

And speaking of love, this month we have a question from a very loving fellow, Caleb, who happens to be the guardian of Bill and Camille Anthony.

Dear Emily,

I love my home and I love my humans. Sometimes, I just don't want to be alone. I get jittery and sometimes frazzled when my family leaves me by myself. I find that I begin doing things that get me in a bit of hot water. I'm not sure what is happening. Like, just last week....I was home alone and before you know it....there was a big hole in the living room couch. I didn't mean to do....REALLY!! What can I do?

Signed,

Caleb



Dear Caleb,

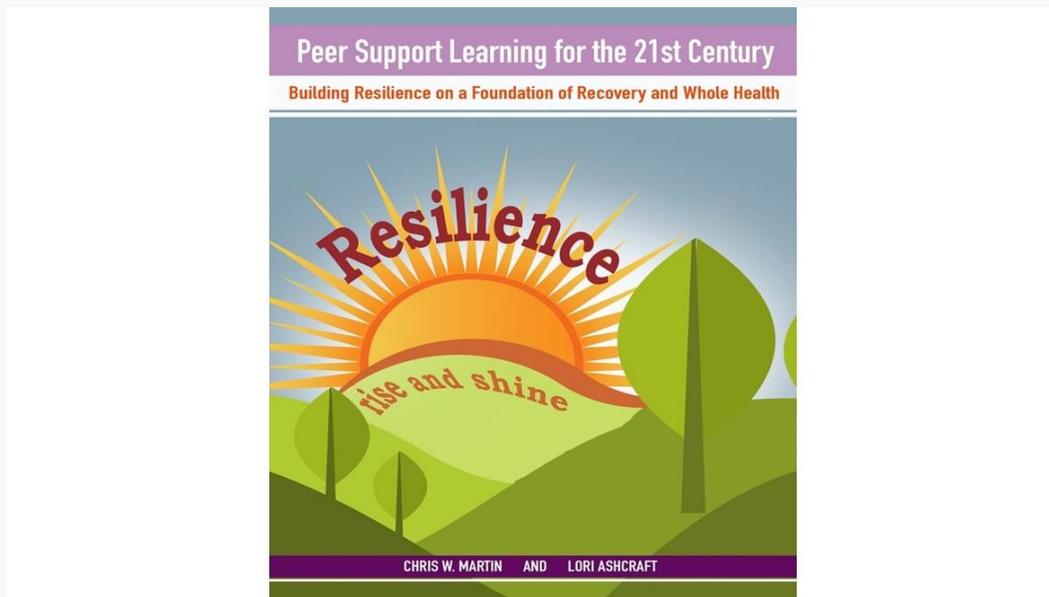
I can totally relate!! I was a rescue dog and I initially had some fears that resulted in bad habits. Getting used to being alone at home can take time and....I have done my share of couch cushion eating and toilet paper shredding.

My mom introduced me to the Five Steps of Resilience. One of the steps is "Facing Fears." Find comfort in knowing that everyone experiences fear at some point. Our fears will not go away as long as we continue to grow them. So, we must face our fears head on!! When we do this, we push through to resilience. Good luck my friend!!

Flower Child Power and Peace,



Emily



**The 21st Century is here. We are ready....are you?**

**Learn more about the Peer Support Learning for the 21st Century - Building Resilience on a Foundation of Recovery and Whole Health Workbook.**

**Call Resilience at 530-362-7070.**

**Unique Holidays for You to Celebrate in June!!**

Of course, we know that Father's Day will be celebrated on June 19th, but did you know about these other holidays in June (just to name a few)?

- June 8 – Best Friend's Day
- June 11 – National Corn on the Cob Day
- June 16 – Fresh Veggies Day
- June 21 – International Yoga Day
- June 24 – Take Your Dog To Work Day
- June 27 – Sun Glasses Day
- June 29 – Hug Day
- June 29 – Waffle Iron Day



WOW – there's a lot of celebrating to do!!

# Happy Father's Day!

....From the Resilience Team!!



call 530-362-7070.

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,

Visit our website at [www.resilience4u.us](http://www.resilience4u.us)

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