

Resilience, Inc.
P.O. Box 1907
Nevada City, CA 95959



Resilience Inc. Newsletter: August 5, 2016 (Volume 12)

This month's newsletter includes:

A Message from Lori Ashcraft, Californians – A Free Training Opportunity on the Affordable Care Act, Ask Emily and How to stay hydrated in the “Dog Days of Summer.”

A Message from Lori Ashcraft.

Hello Friends,

Here we are in the middle of summer. In many places things are hot and dry and we are really looking forward to a change in the weather. I feel this way both at the end of summer and winter. About half way through I start longing for a change. I no longer appreciate the aspects of the current season. I'm tired of being either too hot or too cold. It occurs to me that seasons can serve as a metaphor for life in general, but let's apply it to the work we do and see how it fits.



The beginning of a season of work: When we start a new program or project, there is a lot of energy in the formation process. It is creative and exciting. Each day we are figuring out new ways to build the infrastructure and to solve programmatic issues that arise. We often come up with new and better ways to do things which deepens the creative process, bringing meaning and purpose to our work.



The middle: Once we have things in place and most of the problems are solved we take a deep breath and try to relax for a minute. It's during that minute that something often happens. The excitement that sustained us through the startup process slips away. The creative aspects diminish since we don't have the urgency to create solutions. We feel tired. Boredom sets in.

When problems arise we no longer feel challenged to create new solutions (metaphorically)

speaking, doesn't this sound a little like the last few days of summer?). We fall further into a routine (rut) and go on auto-pilot. Days drag by.....

The ending: Surprise! There is no ending. A new season comes along just in time to wake our real self up again. The new season brings changes and we have a choice about how we respond to them. We can embrace them and find new energy in them. We can enjoy the newness and create new ways to move ahead. We can look within and see how the changes can foster new growth within us. Sounds good huh. So enjoy the end of the summer season and get ready for the changes fall will bring.

Lori

CALIFORNIANS!! CALIFORNIANS!! CALIFORNIANS!! CALIFORNIANS!!

Announcing....an exciting training opportunity for Peer Support Specialist/Direct Service Staff in California...AND IT'S FREE!!

Opportunity is knocking... Learn what's behind the door of the Affordable Care Act and what it can do for **YOU**.



iNAPS (InterNational Association of Peer Supporters) and Resilience Inc. have the opportunity to provide training to Peer Support Specialists/Direct Services Staff in **California** as part of a unique project through the SAMHSA funded – Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS).

iNAPS and Resilience Inc. will provide you with the latest information and skills to engage the people you serve with the Affordable Care Act (ACA) during this **one hour webinar**.

Why is participating in this training important? Here are two reasons:

- It is essential for individuals with mental health challenges to have health insurance and access to consistent medical care. This can have a significant impact on reducing the disparity of life span.
- Peers will be extremely effective in this meaningful role and expand their knowledge and skills.

Here's what you'll get:

- An easy Finding Healthy Me Participant Handbook to use for the classroom or individual use for those you serve to enroll in health insurance.
- A Leader's Guide to show how to use the Participant Handbook.

- The opportunity to interact with other colleagues in California and share information regarding the ACA.

Dates and Times of upcoming One Hour Webinars – select the webinar that is most convenient for you:

Thursday, August 18, 3:00pm

Thursday, September 8, 10:00am

Tuesday, September 20, 1:00pm

Friday, September 23, 9:00am

Thursday, September 29, 10:00am

To register for an upcoming webinar call 530-362-7070 or send an email to scott@resilience4u.us. Once you register, you will receive the link to connect to the webinar.

Ask Emily.

Hello Folks,

I hope you aren't letting the dog-days of summer get you down. I've decided to add a little kick to my summer by going to the August fair and the rodeo. There are lots of smells at a rodeo and I'm going to sniff everything!! This month we have a question from one of the cutest guys I know, Mr. Steinbeck. Mr. Steinbeck is a lucky dog! For the last several years (not telling you his age) He has been a key supporter for Keris Myrick, Director Office of Consumer Affairs at Substance Abuse and Mental Health Services Administration (SAMHSA).

Dearest Emily,

We haven't barked to each other for a while –hope you remember me. Anyway, I need your advice. I'm worried that my mom, Keris, is working too much. She's very tired when she gets home. I've tried to role-model nap-taking for her but she doesn't seem to get it. How can I support her to work less and play ball more?

Steinbeck





Hi Steinbeck,

I wouldn't forget that cute face of yours in a million years! You are unforgettable. Anyway, about your mom. I've had to face the same issues with my humans. I too have role modeled napping over and over again and they just don't get it. My humans have a friend, Bill Anthony, who wrote a book about napping. See if you can get your mom to order it. It's got some good tips in it. Humans will never be as good at napping as we dogs are but they can learn – you can teach old humans new tricks! My humans are old and they learn new things all the time, so hang in there my friend. Sometimes you can get them to take a nap with you. You know that saying, "If you lie down with dogs you get fleas" – well, it's not true. That should be reassuring.

Hope to see you again soon.

Emily

How to stay hydrated in the “Dog Days of Summer.”

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus so you can operate more efficiently, so it's important to give your drinking habits the attention they deserve. Here are some simple ways to make fueling up with fluid throughout the day a little easier:



Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

Eat a diet rich in whole foods. By eating water-rich foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake. On the other hand, processed snack foods like chips, crackers, and baked goods have minimal water content.

When you're feeling frazzled or hazy, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H₂O. It's a simple, healthy way to snap out of a midday slump.

Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your tally every single day. On top of that, this relaxing ritual is a wonderful way to de-stress at the end of the day.

Every Day Health, Johannah Sakimura, RD, June 2015



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

©2016 Resilience | PO Box 1907, Nevada City, CA, 95959