

Resilience, Inc.
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Resilience Inc. Newsletter: Dec. 8, 2016 (Volume 16)

This month's newsletter includes:

**Ask Emily, A Holiday Message from Lori Ashcraft,
Candy Cane Trivia....It's A Tasty Treat and Do You See
What I See....It's Lori Ashcraft's Blog!!**

Ask Emily.



Ho Ho Ho!

Happy Holidays one and all! I know this Santa outfit makes me look fat, but underneath I'm my same reasonably fit, slightly plump, loveable self! I hope

this holds true in January after I've had my share of treats (under the table of course).

Our question this month comes from Sadie. She and her brother were recently adopted by Pam Hyde and her family. Pam is a former Administrator of SAMHSA and now continues to be a highly-respected consultant. Let's see what Sadie has on her mind:



Dear Emily:

I was just recently adopted by two wonderful people who love dogs and who just lost their older dogs a few months ago. They thought I was very sweet and cute. They adopted my new brother at the same time. He's sweet, too, but full of energy and a little rambunctious since he's only 6 months old. I was homeless and on the street a long time before finding a short-term home in a shelter and then being adopted. Because of the life I had as a young dog (and a young mother, but my kids were taken away from me), I am very anxious in my new life. I'm hoping you can help me with my anxiety.

Sadie

Dear Sadie,

I too was homeless and spent time in a shelter until I got adopted. I developed many unfriendly behaviors, which caused even more problems (think death row). So, I'm glad you have remained sweet and cute. Those two strengths will help a lot since they will draw humans to you instead of scaring them away. The more you can relax and soak in the love and adoration of your humans, and even your brother, the easier it will be to stop feeling so anxious. You have been through a lot so there is reason for your worries. Give yourself some time to get over the traumatic events of your past. What helped me get over my past was to begin to see myself as a survivor—a strong dog who was able to survive awful circumstances and treatment; a resilient dog who could use those experiences to get stronger from them instead of weaker. I wasn't able to do this at first because I was too anxious and reactive (think biting) to realize I was safe and loved. Once that sunk in, I stopped thinking like a victim and began thinking like a survivor. I hope this is helpful for you. So, relax girl, realize your strengths and put them to work for you.



Emily



A Holiday Message from Lori Ashcraft.

Happy Holidays Friends,

As you can see, Emily has become more popular than me and has taken over the front page above the fold in this newsletter. Luckily, I don't mind playing second fiddle to her. Why not! Moving on, let's talk about the Holidays. I know the Holidays are supposed to be all about fun and friends and so forth. But we all know that this can also be a time of severe loneliness,

anxiety, and disappointment—in short—depression.

I am well acquainted with depression and anxiety. I realized the other day that I have spent over 30 years on antidepressants and 15 years on anti-anxiety medications. That's a long time. Occasionally, when I'm feeling particularly sane, I try to go off of them. So far, my many attempts have failed and I remain medicated. When I thought about what to write about this month, I thought it might be helpful, as we resolve to get through the Holidays happily, if I share my most recent attempt to live an un-medicated life. I promise this will not be a sad story, so keep reading.

This time, like all other times, I titrated down slowly and carefully over a period of several weeks. All was well until I had been completely off for two weeks. Then the symptoms came roaring back. Sadness, frustration, irritability, sleeplessness, paranoia, intolerance to name a few. This time a new one joined in –brain zaps. These are little electrical impulses in the brain that are no longer than a pulse, but are very unnerving. Finally, I surrendered, feeling like a sissy, and went back up to half a dose.

The good news is that I didn't hurt anyone too much, or do any unrepairable damage during my visit to the land of depression, and I am holding steady at half a dose. So, progress is being made. The big difference this time is that I felt more like a visitor in the land of depression instead of a full-time resident. I was more of an observer than an unsuspecting and hapless victim. I could see that the world wasn't really that irritating, but it was my response to it that was creating so much discomfort. I could see that I wasn't really being picked on, but that I was seeing situations through helpless and hopeless eyes. While I couldn't change it, I could at least see that the sadness had no firm basis. I could almost see that I was not my body, or my mind or even my spirit. I was the "me" who had all those things. Realizing that there was a "me" that transcended states of negativity helped me keep perspective.



I'm sharing this with you in the hope that you can find yourself, beyond body mind and spirit during the holidays and hold your ground, build resilience, and come out the other side stronger and more connected to your true self. The Holidays are designed to give us this opportunity for personal growth and for building resilience.

For more on handling stress during the holidays – I encourage you to visit my blog at www.resilience4u.us.

With love,

Lori

Candy Cane Trivia - It's A Tasty Treat!!.

We know the candy cane is one of the most iconic treats during this holiday season and that no matter where you look – you are likely to see a candy cane. Here are a few facts that you may not know about the candy cane!!

- Candy canes do not contain any fat, and though they are high in sugar content, most candy canes only contain 50 calories!!



- Candy canes are the top non-chocolate candy sold during December. Each year about 2 billion candy canes are produced and 90% of them are sold between Thanksgiving and Christmas.

- The world's largest candy cane measured 51 feet long!! It was created in Geneva, Illinois in 2012!

- The process for making candy canes was not automated until 1957. Back in 1919, before automation, the hot candy had to be bent by hand and more than 20% of all candy canes broke during production.

- Different parts of the candy cane have a name!! The curved part is called the “warble” and the straight part is called the “strabe.”

Now – you can eat candy canes guilt free and impress your family and friends with this candy cane trivia!!

This information was found online and was provided by Dan Myers of The Daily Meal.

Do You See What I See....It's Lori Ashcraft's Blog!!

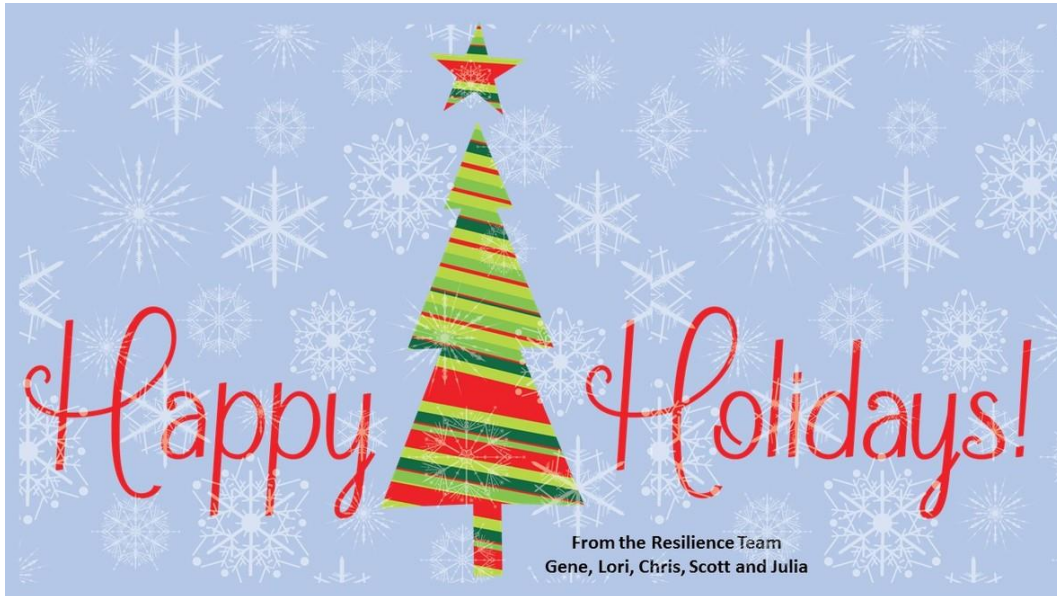


Tis' the season to blog!! If you are looking for a blog that is filled with hope, inspiration and resilience - Lori Ashcraft's new blog is the place to go!! Lori

welcomes your comments and contributions and it's simple!!

To read and contribute to Lori's blog, click on the link below:

www.resilience4u.us



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,

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