

Resilience, Inc.
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Resilience Inc. Newsletter: October 1, 2016 (Volume 14)

This month's newsletter includes:

A Message from Lori Ashcraft – The Sticky Relationship Between Faith and Denial, Dare To....An Inspirational Message, Ask Emily and An Exciting Announcement - Lori Ashcraft's New Blog!!

A Message from Lori Ashcraft – The Sticky Relationship Between Faith and Denial.

Hello Friends,

The sticky relationship between faith and denial. Last month turned out to be quite a month for me. I was hospitalized for three days for a life threatening condition known as "pulmonary embolisms." I am now being treated for this condition and am feeling better. My reaction to this condition, even though it is life threatening, was not terribly negative. I did not sink down into depression and had only fleeting moments of being afraid. This is a reaction I would have hoped to have, but too many times I have taken the path of fear and depression instead. My reaction which was based on hope for recovery and faith in a higher power led some of us to wonder if I was simply in denial. Didn't I understand how dangerous this condition is? Hold this thought and let's back up a little.



I remember when I finally decided to go to the ER for help. I only had one of the many symptoms associated with the condition—I struggled to breathe and it was getting harder to breathe each day. Non-invasive tests of my heart and lungs kept coming back negative. I stood on the steps in our house and looked out the window at the distant buttes. I wondered if I should go to the ER. A strong answer welled up inside me – "YES."

The minute I heard that, "YES," a wall of denial crumbled inside me and a rush of feelings and thoughts overwhelmed me. I had been keeping these thoughts and feelings locked up because I

knew they would change my life. I realized if I went to the ER I was admitting that something was terribly wrong with my body. The ER would be the beginning of a new reality filled with medical professionals and more drugs and shots and blood draws and scans and Jello and crackers. I would lose control and would have to surrender. I would become a patient in a hospital. But I really had no choice.



Now, back to where we left off in the first paragraph – Three days in the hospital jarred my world, there is no doubt about that. But once the wall of denial came crashing down and I found myself face to face with the truth, well as they say, the truth may scare the crap out of you but it will also set you free. During past “tragedies” I have come upon this same place within me and

wallowed in the fear way too long and missing the freedom aspect it afforded. This time the freedom aspect came into focus almost immediately and with it came a jolt of hope followed by faith in the part of me that was still well and my Higher Power. With this I knew I could deal with this in a constructive and creative manner.

This experience has been the source of intensive learning for me in several areas -health, spirituality, courage, and life’s meaning and purpose to name a few. So I’m starting a blog next month to explore these topics in more depth. I hope you’ll join me and share your own experiences, questions, doubts and inspirations. We can help each other grow as we explore these topics in more depth.

If you missed the webinar I did on Doors to Well Being, you may want to take a look at it. It took place on Sept 27th and by now is probably archived at www.doorstowellbeing.org in the webinar section. In this webinar I lay the groundwork for creating resilience through spiritual practices for yourself and for your organization.

Hope to talk to you in the blog soon. We’ll send you more info once we get it up and going.

Until then,

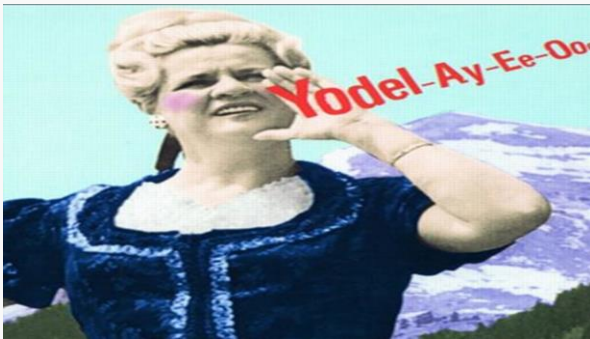
Much love to all of you

Lori

Dare To.....An Inspirational Message

Dare to....

- Ask for what you want.
- Believe in your dreams.
- Count your blessings.
- Do the right thing.
- Enjoy the moment.
- Fail, and dare to succeed.
- Give more than you receive.
- Have no regrets.
- Inspire kindness.
- Join in more.
- Never settle for less.



- Overcome adversity.
- Practice Moderation.
- Shoot for the moon.
- Take personal responsibility.
- Veto hate and negativity.
- Understand more, judge less.
- Exercise body and mind.
- Yodel more and yawn less.
- Walk your talk.
- Be zany.

Author - Unknown

Ask Emily

Hello humans,

Those of you who are long term fans of my column will remember that last year I dressed up as Lady Gaga for Halloween. It may be true that blonds have more fun because I've never felt as beautiful as I felt in that blond wig! This year I think I may be a canine version of Madame butterfly. Not sure, but I know I look good in orange and I hear that orange is the new black. So it's all good. Our question this month comes from a team of Chihuahuas who try to keep Gloriana Hunter out of trouble. That's a big job! Gloriana is a Population Health Administrator and plays a very important role in the integrated health arena with a focus on identifying and reducing life disparities. Let's see if we can give them some good advice.

Dear Emily,

I am the supervisor of a doggy crew in Arizona, and I am having some teamwork trouble. No one on my team cooperates, so very little sniffing around the backyard gets done. In fact, sometimes it's so bad, I can barely get to my supervisory work of cat and bird chasing. Simon the Noodleboy steals treats from Churchill, and Pepe Ricardo just stands by and stares at them. The other day, Simon barked that Churchill was a wimp and nipped at him. I saw this, so I head-butted Simon in the ribs and sent all six pounds of him flying. But now I think I mishandled it. I tell Churchill to toughen-up, but he doesn't. I tell Pepe to come get me when trouble starts, but he doesn't. I tell Simon to stop bullying, but he doesn't. How do I control this wild pack of incorrigible pooches?

Bella BooBerry Muffin



Dogployee Directory



Bella BooBerry Muffin
Director, Backyard Security



Simon the Noodleboy
Stinky Thing Examiner



Churchill
Patio Inspector



Pepe Ricardo
Perimeter Prancing Specialist

Dear BB muffin,

I take it you are the blond in the upper left-hand corner. Nice Hair! Since you have lost two crew members in the last few months, you may need to use some trauma informed techniques to help them get back to being themselves. When team members leave, for whatever reason, the other team members get reshuffled. This can result in stress and in this case grief. If you go to the Resilience Inc. website, you will get some ideas about how to become even stronger and wiser if you learn to use pain to help you grow.

Now, about your leadership techniques: I have found that there is one sure way of knowing if you are a leader – look behind you – is anyone following you? If not, that is a sure sign. One can only be a leader if others are willing to follow. Humans have found a way around this

– they actually pay people to follow the “leader” even when the people don’t agree with this person and even when they know the person is doing the wrong thing. Interesting huh. Luckily there are better ways that are more effective. The best leaders lead by agreement with the followers. The “top dog” serves the followers by including them in making decisions and they all move ahead single-mindedly. Sounds like, in your case, you are not including your team in making decisions so they are not interested in what you think they ought to be doing. I suggest you ask them what their strengths are and how they can use those strengths to make their best contribution to the work you need to do. Then together come up with a plan to get it done. I think you’ll find they will be good team players.

Best of luck to you!!

Emily

An Exciting Announcement - Lori Ashcraft's New Blog!!

That's right - soon you will have the opportunity to be the first ones to read Lori's most current thoughts, insights and ideas on resilience and recovery!! Lori is not only



excited to be able to use this platform to share information - but to also hear from you!!

Stay tuned for more information and details!!



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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