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## Resilience Inc. Newsletter: Feb. 13, 2017 (Volume 18)

**This month's newsletter includes:**

**A Message from Lori Ashcraft, Ask Emily and a Stress Free Valentine's Day!!!!**

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

Hello Friends,

Can you believe that it's February already? January just flew by for us. We spent a couple of weeks in one of our favorite places with some of our favorite people – Singapore! It's so exciting to be with people who have an inspiring vision of creating a system based on recovery and resilience. Singapore is doing just that and we get to help them! We are providing training and consultation and applauding as they take steps toward their vision. It's very inspiring. We are learning lots of new things as we travel this road together.



Another assignment we've been busy with in January is our training grant from the California Office of Statewide Health Planning and Development (OSHPD). Our two partners on the project are Crestwood Behavioral Health and Kings View Behavioral Health – both of whom are excited about adding peers to their workforce and are taking courageous steps to build cutting edge services using peers. Both have plans to move beyond the parameters of the

grant and continue building more resources and services staffed by well-trained peers. Having the opportunity to work with them is a dream come true for us.



OK, I know your anxious to move on to Emily's column, so I'll close for now. Just a reminder, don't hold back on Valentine's day – share your love with as many people as you can. "Love is patient and kind. Love does not envy or boast. It is not arrogant or rude. It does not insist on its own way. It is not irritable or resentful. It does not rejoice in

wrongdoing but rejoices in the truth. Love bears all things, hopes all things, endures all things. Love never ends."

Lori

### **Ask Emily.**

Hello Folks and happy February!

Last year in February I wrote about Valentines' day and I wore my lovely Valentine's outfit. So, this year I decided to celebrate February by dressing in my Mardi Gras outfit (anything for a new outfit, huh girls). Mardi Gras translates to "Fat Tuesday" and marks the last day before Catholics begin Lent on Ash Wednesday, but it is celebrated around the world and often by people of various beliefs. It is a holiday that's focus on having a good time and enjoying food and drink. What's not to love? So, you can see why I chose it!



Our question this month comes from Scarlett, a city dog who has recently moved to the country. She is the keeper of Deborah Clark. Deborah Clark, a retired professor in the education of children with blindness and visual impairments and is a certified peer supporter. She passionately advocates for advancing peer support as a profession. She does this through advocacy and education. Her focus is on de-stigmatizing mental illness. In addition, she is an active volunteer for iNAPS.

Dear Emily,

I'm writing to you because I can use your wise advice. Although born and raised as a 'city girl,' my Mom moved me to Hicktown, TX. She said it was for 'wellness.' I must agree that I don't miss the traffic, sirens, and vandalism to the dog park. And I believe I am 'in recovery.' However, there are these strange creatures in our yard. Mom calls them 'dough,' '\$\$\$bucks\$\$\$,' and [sounds like] 'ear-rings.' (As you know, we canines like it when our humans label things for us). I am trying to 'fit in' to my new environment but I also want to be 'my own dog.' These 'dough,' '\$\$\$bucks\$\$\$,' 'ear-rings', and I, often encounter each other in the yard. We usually stare at each other 'in disbelief'. Mom calls the \$\$\$bucks\$\$\$ '4-point,' '7-point,' . . . '10-point' . . . Anything with 'points' scares me! Although I would like to make new friends, I haven't approached them directly to look them 'straight in the eye.' I lack the confidence. I would like to feel more comfortable in my new environment. Should I seek out new friends?

Love, 'Scarlett'

Cattle-dog



Dear Scarlett,

This is a great question since it has to do with one of the key points of recovery –relationships. Now, about your new friends. I have those same creatures in my yard and I can assure you they are harmless. Those of us who are in recovery can always use new friends. We sometimes shy away from friends who are different from us, but the truth is – differences are wonderful. We get to learn things from them we would never know about if we just stuck to other dogs. So, my advice is to branch out and make as many unusual friends as you can. When making friends that are different from us we may have to rein in our natural tendencies. In your case, try not to herd these friends (since you are a cattle dog). Just be with them. Let them get to know you. Don't be threatened by their size or other differences. I think you'll find these to be very enriching relationships. Good luck my friend. Just keep that tail wagging and smile.

Emily

PS: I moved from the city to the country a few years back and it made a big difference in my stress level, lowering my anxiety significantly. I was more likable and better able to make friends.

### **A Stress Free Valentine's Day.**

No need to feel stressed on Valentine's Day!!

Here are a few tips to help make your day special:

1. Play special music all day.
2. Be a little kinder, a little gentler, a little more tolerant, a little more creative.
3. Keep it simple.



4. Use loving self-talk or affirmations like “I love myself” and “I am filled with love.”
5. Bring springtime happiness in. Put a potted plant on the table. Blooms of red, pink or purple speak of love.
6. Visualize your heart smiling, laughing, dancing. Great time to teach the relaxation technique of visualizing.

Valentine’s Day Tips – by Lori Lite, February 10, 2011 - full article available online.

**Don't forget to check out Lori Ashcraft's Blog!!**

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

[www.resilience4u.us](http://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, call 530-362-7070.

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

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