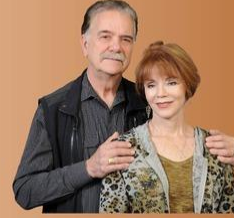


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## Resilience Inc. Newsletter: Mar. 16, 2017 (Volume 19)

**This month's newsletter includes:**

**A Message from Lori Ashcraft, Ask Emily and Spring Cleaning and Mental Health.**

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

Hello Friends,

Wow here we are in March! March is my birthday month, so the older I get the more reluctant I am to have it roll around again. Oh well!

Anyway, the big news this month is that we have this wonderful new group of peers joining the workforce in Singapore, and joining a world-wide family of amazing people with lived experience ready and excited to give back and heal the world a little bit more all the time. We are so proud of these folks, and so honored to have played a role in their personal and professional growth. Look at those smiles! This is what hope looks like.





Also, notice the two men on the far left in the front row? This is Dr. Victor Goh, Director at the Social Service Institute and Mr. Frank Ong, Human Resources/Learning and Development Director at the Institute of Mental Health. They have been great supporters of the peer movement in Singapore and have already hired several peers to help intensify recovery and resilience in the hospital. They are an example of the kind of support needed from employers to create successful peer employment opportunities.



Moving on, I can't resist sharing a quote from a little book I've been reading, published in 1959, entitled, *This Thing Called You*. This quote reminds me of what we need to do to sustain the contribution of peers as they join the workforce: *"Plants must not be pulled up or interrupted in the process of their growth. They must be watered with hope, fertilized with expectancy and cultivated with enthusiasm, gratitude and joyous recognition."*

All my best,

Lori

## Ask Emily.

Hello folks,

Don't forget to wear green on St Patrick's day. That's my blanket advice to all of you this month. Now let's get down to the serious question that comes in from our guests. The question this month comes from two very charming dogs belonging to the amazing Terry Stevens, a consultant at Focused Business Strategies. WaWa (means persistence in American Native language) and Elliott Ness are two very cute dogs with a question about recovery that is important to all of us who are working on our recovery and hoping to become more resilient. Let's hear what they have to say.



Dear Emily,

We've both had a few things to recover from and we thought we were doing pretty well. But lately, we've noticed that we are slipping. We've even caught ourselves drifting back into some unrecovered behaviors that we thought we had gotten over. We've recently experienced traumatic grief in our family and we wonder if this has caused the slips in our recovery. What do you think?

WaWa and Elliott Ness

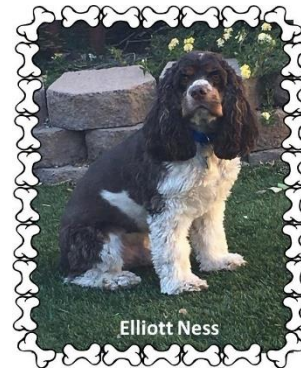


Dear WaWa and Elliott Ness,

I think you are right on target about the cause of your slippage. Trauma and grief are powerful experiences that can definitely impact one's recovery. So be gentle with yourselves and give yourselves time. You may have a little slippage so just notice it and bring yourself

back to where you left off as soon as you can. It's important to keep in mind that trauma and grief can be power growth enhancers. You know how humans say, "No pain, no gain." Well this can be applied to how we handle trauma and grief too. I don't know about you, but when I'm feeling bad or sad, I'm not in the mood to look for ways to enhance my recovery or my personal growth. I'd rather take a bone under my blanket and stay there for a while, feeling sorry for myself. Or some times when I feel bad, I want to cut loose and throw my recovery out the window -- take a cooked chicken off the counter and eat the whole thing, or go dig up the yard.

If I can overcome those addictive tendencies, and pay attention to what's emerging, I can often find new ways to think about things that are very helpful. For example, the other day I was in a really bad mood because I got left with a new dog sitter. I thought about being really bad, maybe pooping in the dining room. Then I looked up on the counter and saw a banana. It looked like a big yellow smile with cookie crumbs in the corners. The more I thought about how happy it looked, the better I felt. I went over to the dog sitter and gave him a big smile. We both left better.



So don't get discouraged if you have a little slippage. Recovery is an up and down process to begin with. Just keep getting back up each time you slip and you will be a stronger dog for it.

Yours in recovery,

Emily



### **Spring Cleaning and Mental Health.**

Dr. Stephanie Smith, PsyD of Front Range Psychological Associates wrote an article called "Spring Cleaning and Mental Health." In

her article, she noted that we have a common tendency to pay attention to our health as of the first of the year – making New Year’s resolutions. And, by Spring time – our focus has changed and at times we can stop thinking about our mental health...and even our health all together. Dr. Stephanie Smith asks, “Instead of focusing your spring cleaning solely on your home, why not do spring cleaning in the area of mental health too?”

Here are a few areas that Dr. Stephanie Smith indicates can be looked at while you do your “Spring cleaning”:

Time. Create a “time budget” to reflect your priorities. This can help to reduce experiencing strain and stress. If you are not able to enjoy the items on your “time budget,” perhaps you can re-strategize and update your schedule.

Friends. Healthy relationships are essential to our physical and mental health. Be mindful of who you spend your precious time with.

Work/Volunteering. Many people spend a significant amount of a day or week at work or volunteering. It is critical to our mental health and wellness to do everything we can to make those hours positive.

Good luck with your Spring Cleaning!!

If you would like more information about Dr. Smith, visit her website at <http://www.frontrangepscychology.com/>

*Excerpts from Spring Cleaning and Mental Health. April 22, 2011.*

**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)



# Happy Spring



**FROM THE RESILIENCE TEAM**



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)