

Resilience, Inc.
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Resilience Inc. Newsletter: April 10, 2017 (Volume 20)

This month's newsletter includes:

A Message from Lori Ashcraft, Ask Emily and Flower Power.

A Message from Lori Ashcraft.

Happy April Everyone!

If that little saying that “April showers brings May flowers” is true, we are going to have lots of flowers in May due to lots of rain in April. I’m ready! When I was about three years old I tried to say “Pretty flowers” but it came out “pidilly taudillas”. So, from then on, my grandmother and I used this term to refer to pretty flowers. This was one of many terms we used in our special code language. We both knew exactly what we meant when we spoke in our codes. This was fine for discussing secrets and we had our share of those. The inconvenience was that no one else had a clue about what we were saying.



There came a time when we had to give up our secret codes and join the rest of our world. We remembered our secret codes and reminisced when we were feeling sentimental.

“Remember when we used to call pretty flowers, “Piddilly taudilla”?”

“Remember when I called you ‘deedledee’ instead of ‘gramma’?”?



We missed the specialness of our own language but it just didn’t work anymore. If we were both going to grow, we had to let it go. I often think about this when I teach classes on recovery language.

There are always those in the class who yearn to hang on to non-recovery language, saying they really need to it communicate with other. But the truth is, just like me, we have to let go of things that are holding back our professional and personal growth and take our next steps. I’m including a chart comparing recovery and non-recovery language so you can get a taste for the difference. Please feel free to use this information anyway you can to further the promulgation of recovery language.

All my best,

Lori

Non-Recovery Language	Recovery Language
Consumer, Client, Patient	Person, Guest, Student or James, Tina, etc.
Manic	High energy, busy
Schizophrenic	An individual with schizophrenia
Paranoid	Has a fear of....
Decompensated	Having a difficult day
Fragile	Sensitive, in touch with emotions, etc.
Low functioning/High functioning	Looking for hopes and dreams/Intelligent, etc.

Ask Emily.

Hello Friends,

I love this picture Mom took of me last April so I'm going to use it again. I love those flowers in my ears!!! Don't you?

This month we have a question about peer support from my friend, Timba. Timba takes care of Larry Fricks and his wife Grace. Larry is the Director of the Appalachian Consulting Group (ACG) and Deputy Director of the SAMHSA-HRSA Center for Integrated Health Solutions operated by the National Council for Behavioral Health. Grace is the founder and CEO of Access to Capital for Entrepreneurs, Inc. (ACE), a not-for-profit lending organization that provides microcredit and small business loans for underserved markets. Grace says, "I believe everyone who has that drive and desire – that intangible thing – deserves the opportunity to succeed...." They are lovely people and have done a wonderful job instilling graciousness and generosity in Timba. However, now and then, as you will see Timba gets worried. See for yourself.



Dear Emily,

I am a Siberian Husky and my name is Timba. As you can see from this photo, I was having my afternoon nap on the couch when I was joined by my friend, Benton the boy, who is using my belly as a pillow. Now I am a strong advocate of peer support which I learned about from my family, Larry Fricks and his lovely wife Grace. So, I am happy to provide peer support, but come on!! Using my belly for a pillow? Invading my afternoon nap space? Isn't this a little too much? Next Benton will be wanting part of my dinner. Then he'll want to have people take him for a walk instead of me. Who knows where this will end? I need some help in thinking all of this through. What do you think?

Sleepily yours,

Timba



Dear Timba,

If we were humans, I would begin to lecture you on the importance of boundaries and maybe even dual relationships. Thankfully for both of us, we are not humans, so we can skip all that intellectual stuff. You and I have the gift of being dogs so

we don't need to lecture each other. We can just be reminded that we are mans (Benton's in this case) best friends. When we do peer support, we are even more than friends because we are always looking for ways to support the strengths of those we befriend. So I truly understand your feelings about being used as a pillow and God knows what else will follow (by the way I'm sure you know by now what GOD spelled backwards spells).

Anyway, I suggest you just love this little Benton human and try not to think too much about yourself. My Mom says this always works. The trick is to not do things for others that they can do for themselves. Don't rob them of opportunities to experience their own strengths and abilities. And here's a really important point that a lot of people don't understand about peer support. A good peer supporter needs to give those they support ways to give back. This gives the person an opportunity to see that they have a worthwhile contribution to make. I'm sure you won't have any trouble working this out. Give Benton things to do for you. Get him to throw your ball, or give you snacks or take you to the dog park. The possibilities are almost endless. Good luck my friend. I'm going to go take a nap now.

Sleepily yours,

Emily

A Request From Emily.

If you have a question that you would like to send me – I would love the opportunity to respond!! Send your question to mail@resilience4u.us and I will respond in an upcoming Newsletter. And – feel free to send me picture of your cuddly self!!

Flower Power.

Did you know that there can be mental health benefits from....flowers? It's true!! It turns out that the 1960's activists that chanted "flower power" were onto something important....flowers can be good for our mental health. Here's a few things you may not know:



- An environment with potted plants and flowers can help a person feel less anxious, less tired and more cognitively aware.
- Smelling floral scents can put you in a good mood and also help one feel less anxious.
- Less saturated and bright colored flowers are generally more relaxing.
- Bold colored flowers can energize you.
- A bunch of flowers that fall near to each other on the color wheel can be more calming.
- Want to be more creative? Consider putting some green leafy plants within your view.

Information from the online article "The Mental Health Benefits of Flowers" by Sally Augustin

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



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.

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