

Resilience, Inc.  
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## Resilience Inc. Newsletter: May 1, 2017 (Volume 21)

**This month's newsletter includes:**

**A Message from Lori Ashcraft, Let's Take A Breather,  
Getting A Breath Of Fresh Air and Ask Emily.**

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

Hello Friends!

Over the past couple of years, I have been writing articles for the Resilience Newsletter. I enjoy writing them and also enjoy taking a few moments to look back and ponder past articles. So....I thought this month, I would reminisce with you on some of the articles that have been featured in past newsletters.



Do you remember these articles?

October 12, 2015 – In this issue of the newsletter, I focused on the seasons of the year as a metaphor for our personal journeys that build resilience – I call it

the Seasons of Resilience. The changes of the seasons are similar to the process we go through as we become more resilient.

May 2, 2016 – I really like this article....“The Karate Kid.” In this article, I share about my personal experience of receiving a membership to a karate club as a gift. My experience reminded me of just how challenging it can be to start something new, be taken seriously and succeed. What I experienced is very similar to a peer entering the work force in a clinical setting, striving to make a contribution and wanting to stay the distance.



June 3, 2016 – We all have fears and different strategies to face them. In this article, I reflect on an experience after having facilitated resilience classes for peers and family members. During the classes, we talked about

fears that cause us pain and used the examples of how oysters and lobsters deal with painful and distressing situations. At the end, we agreed that the lobster’s ability to shed its shell and grow a bigger one to accommodate its growth would also allow us to embrace our emotional and spiritual growth with much less painful side effects.

January 8, 2017 – At the beginning of each year, there is a lot of focus on “change” for the upcoming months. In this article, I explore going beyond “change” and striving for “transformation.” If we are willing to do the hard work that transformation demands and willing to let go of the past, we will have the courage to step into the unknown and build new pathways for transformation.

If you are interested in reminiscing further, I encourage you to stop by the Resilience website and read the full articles in the past newsletters. Simply click on the link below and enjoy!!

[www.resilience4u.us](http://www.resilience4u.us)

All my best to you,

Lori

### **Let's Take A Breather, Getting A Breath Of Fresh Air.**

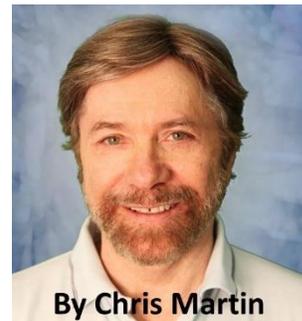
While I'm spending a little time catching my breath, I asked Chris to write a little something about healthy breathing. You'll see he uses an introduction from our edu-comedra, TAR WARS, which is one of the fun learning components in our international "Peer Support Learning for the 21st Century" course. Recently, Chris facilitated this two-week peer support training for 18 new Peer Support Specialists in Porterville. CA. By looking at some of the photos, it appears they had a stellar time!

Lori

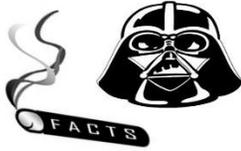


### **In Our Galaxy Far, Far Away.....TAR WARS**

It is a time of intergalactic addictive war waged by *Dark Vapor* and his evil Death Tar, Nicotine. Rebel space ships are racing home with recovery plans to overcome the toxic Death Tar which is powerful enough to destroy a whole population. *Princess Slay-ya* with the help of her peers, *Obi One Can't*



*Smokey, C-ME Free O, and Tar Too-Me Through* all use their source to confront the *Dark Vapor*.



Well okay, we've been taking some liberty with the sci-fi classic, but the intra-galactic fact is... "cigarette smoking is the number one cause of preventable disease and death throughout the world. In fact, research shows that not only do 50-80% of people who have a mental illness smoke, but they also consume about 40% of all cigarettes sold in the U.S.<sup>1</sup> According to the U.S. Center for Disease Control (CDC), smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. The CDC goes on to report that on average, smokers die 10 years earlier than non-smokers."<sup>1</sup>

In spite of the grim statistics, people can and do recover from nicotine addiction. They use all kinds of recovery tools and sources such as harm reduction strategies, 12 steps programs, medication, spirituality, peer support, tobacco cessation tools and more. When people are successful in reducing use or overcoming the addiction altogether, they often report significant health improvement benefits. If you or someone you care about is struggling with *Dark Vapor*, just remember to let your source be with you.

<sup>1</sup> Martin, C; Ashcraft, L. Peer Support Learning for the 21<sup>st</sup> Century. *Building Resilience on the Foundation of Recovery and Whole Health*; 3<sup>rd</sup> Edition. 2017, Resilience Inc.



Peer Support Specialist Cast photo includes: Back Row is Jimmie Chavez; Oscar Luna; Elijah Betancourt; Matthew McLaughlin and Stephen Vang. Middle Row is Kristy Dillenbeck; Sue Shaw and Ronnie Leon. Front row is Maritza Suarez

### **Ask Emily.**

Hello Friends,

Yes - that's me - surrounded by baby gear!! Oh - I remember those days of being a little pup!! This month's question comes from a friend of ours who has recently been visited by the....stork. "Billy" lives with Chris Martin's family. Chris is the Director of Learning and Facilitation with Resilience Inc.



Dear Emily,

My name is Billy and I am part of Chris Martin's family. My best pal and mate is named Betty. We are Miniature Parti Schnauzers. The name "Parti" means having a predominant color separated by patches of white. It does not mean having a party which is something I really miss having. The way I see things is that it's been getting really ruff around here.



Yours, Billy

Dear Billy,

After hearing your tail and looking at the five new arrivals, I think there may be another way to see this. When we take a paws, we may find solutions often come

packaged in the way we look at something. I see five little packages of opportunity for you. Instead of competing for attention, getting new team members gives us a chance to dig down to our deepest potential by guiding,

The party for me stopped about five weeks ago when these little puppies arrived. I and Betty used to be a close team, playing tag, barking at strangers, and chasing rabbits. But these days, Betty seems to have less time for our teamwork together. It just doesn't make any scents to me. In fact, I'm becoming dog tired of being left out. Take a look at these five little Parti poopers, and you might understand what I'm up against when it comes to me getting attention. Do you see any solutions for winning my old team back?



**"Team of Five Parti Poopers"**

sharing, and mentoring. And if you really look close enough, you may see how those newbies will make great teammates. They're just begging to help you turn otherwise dogged days into an exciting adventure of partnering, collaborating, and learning. Before you know it, Betty will be right there in the mix because you will have made her job easier. So cheer up Billy and Parti on....

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](mailto:mail@resilience4u.us) and I will respond in an upcoming Newsletter. And – feel free to send me picture of your cuddly self!!

### **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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