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## Resilience Inc. Newsletter: Dec. 8, 2017 (Volume 28)

**This month's newsletter includes:**

**A Holiday Message from Lori Ashcraft, Ask Emily and  
The Holiday Name Tag Game.**

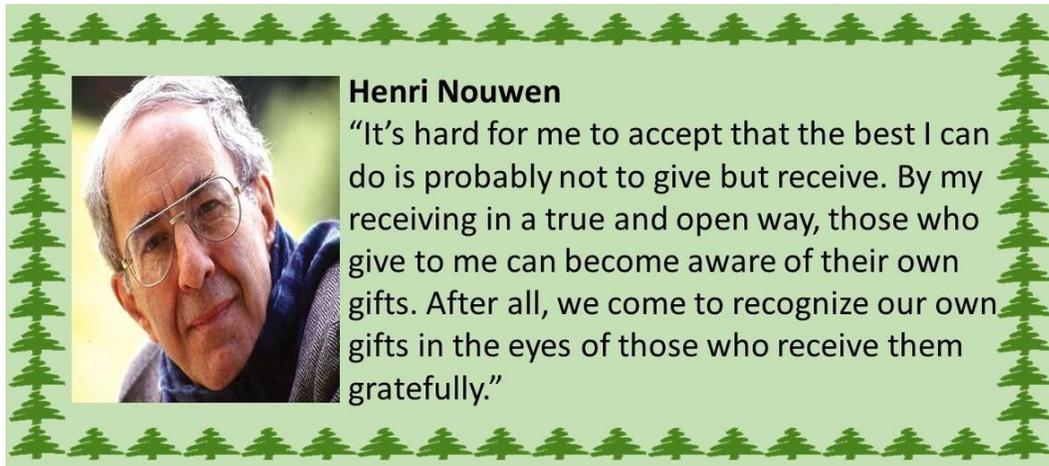
### **A Holiday Message from Lori Ashcraft.**

Hello Friends and Happy  
Holidays!!

The Holidays do indeed have a magic about them and there are probably many reasons for this. When I try to figure this out I come to one solid reason: We are focused on giving our gifts to others. What if we all gave our personal gifts to each other all year long with the same enthusiasm we do material gifts during the Holidays? We could change the world one gift at a time. There is something magical about giving of ourselves, and giving a thoughtful gift to ones we care about is a powerful process, and worth the frustration and stress and expense it takes to do so.



The other side of this gift giving process is *receiving*. Receiving can be at least as powerful as giving. One of my heroes, Henri Nouwen, was a Dutch Catholic priest, professor, writer and theologian whose interests were rooted primarily in psychology, pastoral ministry, spirituality, social justice and community. Here's what he has to say about *giving and receiving*:



Henri penned this statement near the end of his life, after decades of searching for meaning and writing close to forty books on the topic. So, this statement reflects years of wisdom and deep spirit work. I first read this statement in one of Henri’s books – my colleague Chris left it at my house, so I read it – about twelve years ago. This statement put into words what I knew pre-consciously about supporting people in recovery.

When we allow a recovering person to give back to us, and we receive it in a true and open way with gratitude, we have promoted their recovery exponentially. This does not necessarily mean we receive presents from others, but it does mean we look for the things they do for us or others, and we shine the light on it, acknowledge it and receive it. This way we level out the relationship – we are not the wiser ones, the stronger ones, the ones who don’t need help. We are the ones who see the strengths in others and allow them to help us, even if it is a minor thing like, “could you please hand me those papers, or would you mind pouring me another cup of coffee.” As we

receive the gifts, we are acknowledging the strengths and abilities of those who may feel like they have nothing worth giving. This is a game changer.

If you love the Holidays, jump into the real giving and receiving process – give yourself, and you’ll give yourself a gift. If you hate the Holidays and get depressed and anxious, give and receive your personal gifts as Henri suggests. Trust me, you’ll feel better.

Happy Holidays,

Lori

### **Ask Emily.**

Hello Folks,

We’re at the time of the year when humans go a little wild, so hold on to your Santa hats! The best way I’ve found to get through this season is to have a good friend you can spend time with, just hanging out and playing. One of my best friends is a dog named Donut. We have fun playing, but we also just chill and snoop around. Sometimes we’ll take a nap together. So that’s the best advice I can give you. Peer support!

My guest this month is a lovely dog named Snickerdoodle who is Age 6; daughter of a King Charles



and a miniature poodle – known as a Cavapoo. Snickerdoodle was born in the mid-west and flew to Seattle at 12 weeks of age. Snickerdoodle is the watchdog for Beth Hammonds. Beth has worked in the behavioral health field for 25 years and is honored to work side by side and learn from individuals who live every day with mental illness and substance use challenges. Beth is a beach girl at heart, who loves to garden, go for walks and eat ice cream. Friends and family are her passion....and Snickerdoodle, of course. Let's see what's on this canine's mind.

Dear Emily,

As you know, I am the watchdog for Beth Hammonds. We have been together for most of my life. She is my favorite person in the whole world. She always gives me a nice Christmas present, but I am never able to give her one back. This doesn't seem fair. Got any ideas of how I can handle this?

Snickerdoodle



Dear Snickerdoodle,

Humans give each other presents as a way of showing love for each other. Well, sometimes they just do it because they think they are expected to and that doesn't work very well. Let's stay with the idea that they give out of a place of love. We dogs don't have credit cards or cash or any other material means of purchasing and giving presents. So, we usually rise to a higher level of giving –

we give of ourselves --- usually all that we have whenever we can. So, a way you can exchange gifts with Beth is to just give her extra love and be extra patient with her during the Holiday season. If she is like other humans, she will get extra stressed during this time and could probably use some

unconditional love. I have a feeling you are very good at that. Let me know how it goes.

Emily

### **The Holiday Name Tag Game.**

Are you looking for a fun and easy holiday game to do at the office or at your home when relatives or friends drop by? Try this fun game that will certainly provide some jolly holiday chuckles!!



All you need is some name tags for this game. Before people are expected to arrive, write the name of a holiday related person on each name tag. Some good examples are: Mrs. Clause, Santa, Workshop Elf, Any of the reindeers, Frosty the Snowman, The Grinch or any characters from popular holiday movies. As your friends or family arrive place a name tag on their back, without them seeing the name written on it. Inform everyone that the goal is to guess the name that is on the name tag on their back. The only way that they can guess is to ask other people questions about the name on their back. They cannot ask for any hints – only ask questions. If a person believes they know who they are, then they must stand in front of the group and announce who they think is written on the name tag on their back. If the person guesses incorrectly, they must continue to ask questions. If the person guesses correctly, they will take their name tag off. To make this even more fun, let the group know that the last person to guess correctly will have to wear their name tag and go by that name for the rest of the gathering.

### **A Request From Emily.**

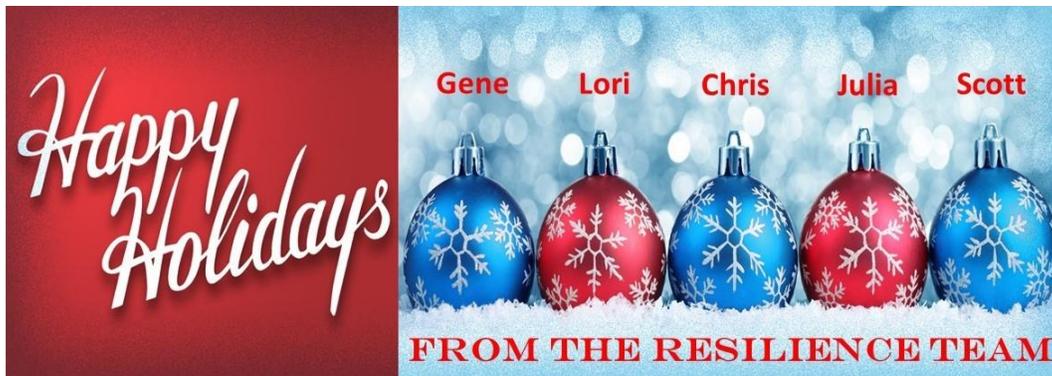
If you have a question that you would like to send me – I would love the opportunity to respond!! Send your question to [mail@resilience4u.us](mailto:mail@resilience4u.us) and I will

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)

