

Resilience, Inc.
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Resilience Inc. Newsletter: Oct. 6, 2017 (Volume 26)

This month's newsletter includes:

**A Message from Lori Ashcraft, Ask Emily and
Surprising Halloween Facts.**

A Message from Lori Ashcraft.

Hello Friends,

Here we are in the month of October already – the month when we all wear masks and scare each other. Actually we probably do this all the time without the props. It's just in this month that we do it explicitly. On a daily basis, or occasional basis, we hide behind identities that we think protects our vulnerabilities by keeping others from knowing who we really are or how we really feel. If we do this often enough, we too loose touch with who we really are.

I recently read a book entitled *Known*. One of the poignant foundational points in the book is this:



Tell your story of who you are if you know it. If you don't know your own story, find it and learn to tell it with authenticity and passion. It's through telling our real stories to each other that we have true friendships.



Yes, this is one of the first steps we take in our work as peers—it is our most powerful conveyer of hope to those trying to recover. But we all have our insecurities that cause us to think that who we really are is not good enough. So, we mask ourselves in disguises that we think are more interesting and attractive and smart and even superior.

We think others will like us better and/or respect us more. The truth is all we really want is to be known and to know others. The most personal is indeed the most universal.

So, as we enter this season of masks and scaring each other, let's consider being known and knowing others for a deeper level of meaning in our relationships. Let me know how it goes. I'm doing it along with you so we could share tips.

Lori

Ask Emily.

Hi Folks,

As you can see, I am going to be a ghost for Halloween. Mom got me these pumpkin glasses to add a little lightness to my scariness as a ghost. I suspect you humans have your own ghost, just like us other animals do. These are things that haunt us and scare us even when we know they aren't real. They scare us and limit our joy and playfulness. I think you call it "Trauma." Whatever you call it, it's not good. My past trauma of being homeless and on death row causes me to be mean and try to bite people. Thankfully I've gotten over that. That's the thing about trauma – we CAN get over it. That makes me happy.



Now, on to our guests this month, Tillie and Gus. They are the comforters of Lisa Goodale. Lisa is a licensed social worker and the Consulting Services Vice President at the Depression and Bipolar Support Alliance where she manages training and consultation services for peers, clinicians, and the general public. She served as Project Manager for DBSA's national contract with the Department of Veterans Affairs to train nearly 500 of the VA's newly-hired Veteran peer specialists throughout the country. Lisa is also a lifelong Chicago Cubs fan, enjoys singing and eating chocolate. I know dogs aren't supposed to think that cats are cute, but I just can't help myself. These guys

are so cute. Tillie is the smaller tabby, and Gus the big gray guy. They are sister and brother, rescue cats. Let's see what they have to say.

Dear Emily,

We like relaxing, but sometimes we find that relaxing can lead to sleeping all the time and feeling isolated. How do we find a balance of rest and meaningful activity to help us maintain wellness?

Tillie and Gus



Dear Tillie and Gus,

I know what you mean. Life can pass us by if we aren't paying attention. I think the best advice I can give you is to find something

meaningful to do for another animal or human.....or find the puuurrfect hobby that helps you to contribute to your family. I hear you are really good at shredding rolls of toilet paper....well....that's a good place to start!! This will get your enthusiasm moving and once you begin to give back, you'll find a natural balance to your lives. So – try skipping a few “cat-naps” and put yourselves out there – try something new!! I know you will be glad that you did!!

Best of luck,

Emily

Surprising Halloween Facts.

Here are several Halloween facts to share with your family and friends!!



- The world's record for biggest pumpkin is currently held by a gigantic gourd weighing a whopping 1,385 pounds!
- Did you know that pumpkin is the best source of vitamin A among all canned fruits and vegetables? With just a half a cup giving you three times the recommended daily requirement, it really is the Great Pumpkin!
- Each year 2 billion dollars is spent on Halloween candy. Now that's a lot of candy -- and cavities!
- More than 35 million pounds of candy corn will be produced this year. That equates to nearly 9 billion pieces -- enough to circle the moon nearly four times if laid end-to-end.
- What's the most popular Halloween candy? Snickers tops the list for trick-or-treaters.
- Tootsie Rolls were the first wrapped penny candy in America.
- The movie *Halloween* was made in just 21 days in 1978, on a very limited budget.

Information found in an online article - Fun and Freaky Halloween Facts, Parents, by Jenny Saltiel.

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!!

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,

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