

Resilience, Inc.
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This month's newsletter includes:

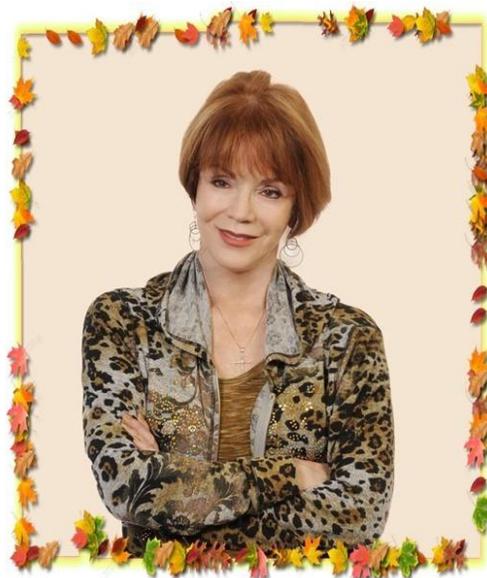
**A Message from Lori Ashcraft, Ask Emily and
Changing Seasons and Mental Wellness.**

A Message from Lori Ashcraft.

Hello Friends,

September is the month school always started for people of my generation. I still have a little PTSD during the first week of September in remembrance of having to go back to school after a summer of freedom – riding my horse every day, swimming in the river, and helping my mom can peaches and blackberries. As the end of summer vacation approached, I would begin to think of the kids and the teachers I thought had been mean to me. I would build up resentments toward them in my mind and by the time I got to school I had a big grudge going on toward them. They probably had no idea all this was going on in my mind.

Anyway, this brings us to an important point to think about as we all continue to recover and build resilience – the power of forgiveness. If you have even



just stuck your toe into the waters of recovery, I'm sure you've heard people talk about how important it is to forgive others, and even to forgive yourself. The reason this is such an important part of recovery is that unforgiving feelings hurt us, and it may even hurt others. It is such a strong emotion that it actually cuts us off from our spirit which is our most important asset in the process of recovery. I have a lot of material on this subject so if any of you want more information on this, let me know and I'll send you a bunch of stuff on it.



Let's switch sides now and talk a little bit about the receiving end of forgiveness. What happens when someone asks us to forgive them? Do we get squirmy and brush it off? Do we say, "no problem" without thinking about it? Or do we use

this moment as a true opportunity for reconciliation? What's happening here in this moment of potential reconciliation is that the person asking for forgiveness is saying, "there is something between us that is separating us, cutting us off from each other and our oneness is interrupted and effecting the peacefulness we can experience. I offer to remove that block and reconnect with you." The removal of the block can only be complete if we are willing to lift our side of the blockage too.

So, whether you are the one asking for forgiveness or the one receiving the offer, I encourage you to release the block, reconnect to others, to yourself, and to your spirit. BTW, in a lot of our training material we used to talk about conflict resolution. Then we realized that we needed to go beyond resolving conflict, and focus on reconciliation of those involved. The problem is not in the conflict, but in the relationship. Just thought I'd share that with you.

So long for now and let's get ready for a wonderful Fall.

Lori

Ask Emily.

Hi Folks,

As you can see I've taken up a new role. I am now in the fortune telling business. As you may know, most of us dogs know what's going to happen long before you humans do, so thought I might as well put these skills to use. If you want me to tell you your fortune, just drop me a line. Trust me, I can do better than most fortune cookies!!

Our guests this month are the two lovely canines who monitor and support the activities of the wonderful Sue Bergeson who is the principal of Recovery, Resiliency Engagement and Activation Partners, LLC. She is working with systems and individual programs to build consumer activation and engagement programs and implement managed care payment for peer support. The lovely canines are Allie, the larger one who is one and a half years old and Annie, who is two years old.

Aren't they adorable? Let's see what's on their minds.

Dear Emily,



As you can see, we are very cute. Everyone who meets us says, “Oh aren’t you just the cutest!!!” No one ever says, “Aren’t they smart, or aren’t they loyal or aren’t they committed to their job.” We want to be known as more than just cute. What can we do to help humans understand our true deeper value?

Allie and Annie



Dear Girls,

I’m not so cute so can’t relate directly to your concerns. However, after consulting my crystal ball, I can see in your future a shift in your identity. So, take heart! Here’s a tip that may help you change the

way humans perceive you. First of all, we all tend to identify with what others say about us. In your case, humans keep saying you’re cute so if you weren’t as insightful as you are, you may come to think this is your most valuable asset. If humans started saying you were mean, you may start relating to that identity and actually become mean. So, the challenge is to know yourself – know what your strengths are and practice them. Don’t settle for being “cute” and put your best paws forward. Humans can be a little dense, so give them time to figure this out. You can change the way humans see you which will also change you too.

Emily

Changing Seasons and Mental Wellness.

As the summer comes to a close, the season changes once again. Every time the season changes, it can have an impact on our mental



wellness.

The following tips help enhance our mental wellness through the changing seasons:

- Create a new routine that helps you enjoy things (reading, board games, crafts, puzzles, etc.).
- Work in movement throughout the day (brief walks, stretches, climbing stairs, etc.) to keep your energy level constant.
- Stock up on a variety of favorite drinks – juices, coffee or teas.
- Be mindful of what you eat, for diet affects mental wellness.
- Identify what you love about the season, and be intentional about incorporating that into your life.

The above information comes from the online article - *How Seasonal Changes Can Affect Our Mental Health*.

For more helpful tips, visit www.healthyplace.com.

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,

call 530-362-7070.

Visit our website at www.resilience4u.us