



## Resilience Inc. Newsletter: August 9, 2018 (Volume 35)

**This month's newsletter includes:**

**A Message from Lori Ashcraft, Ask Emily and Summer  
Steps for Healthy Living.**

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

Happy summer all of you out there!

If you are like me (short attention span) you are getting a little bit tired of summer. Summer is getting tired of us too and is starting to pack up and move on. Fall will be here before we know it! It was during this time of year, hot tired summer days, that I first heard the stories about Raggedy Ann – being introduced to her by my grandmother who read to me when I was three and four years old.



A nostalgic moment led me to look up Raggedy Ann's story online and I found a treasure I want to share with you. BTW, Raggedy Ann is 102 years old and hasn't aged much at all. Here's a snippet of one story we can build our own story on:

"True, she has been nibbled by mice, who have made nests out of the soft cotton with which she has been stuffed, but Raggedy smiled just as broadly when the mice nibbled at her, for her smile is painted on. What lessons of kindness and fortitude you might teach could you but talk; you with your wisdom of 102 years. The more you become torn, tattered and loose-jointed, the more you are loved by children."

This following story is about Raggedy Ann leading the other dolls to the pantry for a snack. It was night time, and as we all know, toys come to life at night.

"Follow me!" she cried as her wobbly legs carried her across the floor at a lively pace...But none of the dollies was tall enough to open the door and, although they pushed and pulled with all their might, the door remained tightly closed.



When the other dollies discovered Raggedy Ann sitting there, running her rag hands through her yarn hair, they knew she was thinking.

"Sh! Sh!" they said to each other and quietly went over near Raggedy Ann and sat down in front of her.

"There must be a way to get inside," said Raggedy Ann.

"I can't seem to think clearly to-day," said Raggedy Ann. "It feels as if my head were ripped."

At this the French doll ran to Raggedy Ann and took off her bonnet. "Yes, there is a rip in your head, Raggedy!" she said and pulled a pin from her skirt and pinned up Raggedy's head. "It's not a very neat job, for I got some puckers in it!" she said.

"Oh that is ever so much better!" cried Raggedy Ann. "Now I can think quite clearly."

"Now Raggedy can think quite clearly!" cried all the dolls.

"My thoughts must have leaked out the rip before!" said Raggedy Ann.

"Now that I can think so clearly," said Raggedy Ann, "I think the door must be locked and to get in we must unlock it!"

I see so many things now in this story that I may have missed when I was four.

- First of all, our degree of *raggedyness* may be directly related to how much we love and are loved. Love tenderizes us and softens our hearts and minds.
- Next, let's not let wobbly legs delay or deter us from our mission. We are stronger than we think.
- Then we learn to stop and think. We don't need to keep doing the same thing over and over hoping for a different result.
- Perhaps the most important lesson is *it's ok to admit our shortcomings and share them with others*. That's when we can get peer support just like Raggedy Ann did when she said her head was leaking. The authenticity (telling the unvarnished truth) that comes with intimacy (being real – *in to me see*) connects us in a magical way that is always available every minute if we are willing to risk being vulnerable. Without risk, as Helen Keller once said, there is nothing at all.

Let's take a page out of Raggedy Ann's playbook. The world will be a better place if we do.

BTW, I love you all so much.

Lori

(Note: If you want to read more about the virtues of raggedyness, read Brennen Manning's *The Ragamuffin Gospel*. It's one of my favorite books!!)

### **Ask Emily.**

Hello Friends,

Since mom is talking about Raggedy Ann, thought I would put on my Raggedy Ann outfit for this picture. I might be setting a record as the first Raggedy Ann dog! We have another record set today – we have a question from the youngest dog who has ever written in for advice. You can see from the picture that he is still just a baby. How cute! This is Joji who is just 9 weeks old and is going to be looking out for a brother and sister, Carson and Lisa, his new owners. Joji is a Pug and he likes to chew on everyone and everything!!



Let's see what this little guy has on his mind.

Dear Emily,

I'm so glad I found out about you and can ask you for some advice. As you can see I'm just a kid. I have joined a family with three older dogs – two are Pugs and the other is a Boston terrier. I'm getting a lot of attention, much

more than the other dogs because I'm so new and cute. I want to be friends with them and don't want them to be jealous of me. All the humans in this family dote on me and I love it, but I don't want the other dogs to be resentful. What can I do?

Joji



Dear Joji,

Don't ruin being special by feeling guilty about it. Enjoy it! It is time limited. Once you grow up you will just be one of

the dogs and you'll all get treated equally. The truth is, each one of you is special in your own way. Hang out with the other dogs – just be *one of the dogs* with them. The closer you are to them the less they will feel left out. It's all about relationship pal.

Good luck little friend,

Emily

### **Summer Steps for Healthy Living.**

Improve your health during the summer with a few steps that are so simple – you'll barely notice the effort!!

- Give your diet a berry boost. Have a cup of mixed fresh berries – blackberries, blueberries or strawberries – every day. They will help you load



up on antioxidants. Blueberries and blackberries are especially antioxidant-rich.

- Get dirty and stress less. To lower your stress, plant a small garden or cultivate a flower box. Just putting your hands in soil is “grounding.” Being mentally grounded can help relieve physical and mental stress.
- Get outside to exercise. Pick one outdoor activity, like hiking, taking a nature walk, cycling or swimming.
- Be good to your eyes. To protect your vision – wear protective eyewear. Wearing sunglasses outside can block at least 99% of ultraviolet A and B rays.
- Vacation time. Taking a vacation can have multiple benefits. They can help lower blood pressure and heart rate and most importantly – to have some fun!!
- Sleep well. Resist the urge to stay up later during the long hours of the summer. Try to keep a good bedtime and wake-up schedule.

Try one or try them all!! Enjoy your healthy summer!!

*(This article comes from the online site – WebMD, written by Kathleen Doheny)*

### **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)



## **StayCOOL**

*From the Resilience Team*



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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