



NEW YEAR WITH NEW BEGINNINGS

Many people utilize the start of a new year as a way to start over with healthy living, new relationships, new employers, etc. in an attempt to leave the previous year's struggles behind. For some of you, your struggles may be related to the stressors that unfortunately plague you when addiction is involved in your life. When coping with, or recovering from, an addiction, it is important to remember to focus on yourself. Often times our primary focus is placed on the negatives surrounding addiction and our own self is forgotten. A person may experience sleepless nights, poor relationships with people in your life, depression or sadness, feelings of anger, physical health complaints, or changes in weight – all have been seen in those living a life centered on addiction.

Fortunately, there is an abundance of research and literature available on ways to increase self-care. You may ask what is self-care really? Self-care means actively using positive coping skills that improve your well-being and better manage outside stress. People in caregiver roles that do not practice self-care can experience burnout and compassion fatigue. These occur when someone can no longer maintain a level of caring or interest in the loved one. People that experience burnout become cold, distant, and unable to care for themselves or others. Below are basic tips to help jump start your New Year self-care strategies.

- * Sleep – By identifying and making small changes in your sleep cycle you can gain a more restful sleep and more confidence to take on the day ahead.
- * Diet – Scheduling and planning meals is a great way to manage what foods you eat, how much and when. Fueling your body (rather than feeding it) can impact more than just your weight!
- * Exercise – Not only can exercise impact your weight, but it also creates changes in your brain chemistry that impact overall mood and stress management. Exercise can be as simple as daily walks with your dogs or full on CrossFit mode!
- * Establish expectations in your life - Expectations serve as a filter for information. High expectations may lead to disappointment, and low expectations will trigger feelings of sadness. Working to create realistic expectations of your loved ones can be a valuable but challenging process. It does not change their behavior, only your perception of their behavior.
- * Practice relaxation – An internet search of 'deep breathing techniques,' 'guided imagery,' or 'progressive muscle relaxation' will take you on a free journey of spa like relaxation! Things like yoga or meditation can add a sense of peace and calm to your life that aids in overall wellness.
- * Set and build boundaries – Communicating your needs and setting clear boundaries early on with loved ones will assist in limiting the guilt and sadness you feel when refusing their demands.
- * Seek pleasure – Take a vacation, go to an amusement park, go to the beach, read a book, play with kids/grandkids, take a dancing class, go to the art museum – the sky is the limit! Actively seeking pleasure in your life will provide you with the fun you have been needing!
- * See a counselor – Don't let the stigma of mental health counseling impact you! Having someone to work through your own thoughts and feelings with can bring a sense of freedom you have been longing for. An internet search (apparently solves all the problems?) can link you to resources in your community!





WHAT DO YOU FIND MOST HELPFUL IN COMING TO FAMILY MATTERS?



“I appreciate everything. This is great for the men’s mindset here.”

“Helped me lay the ground work for a better start.”

“Made communication between us more clear.”

“Helps me to not always focus on negative things but also pointing out the positive things”



HELPFUL RESOURCES:

National Suicide Prevention:
1-800-273-TALK
(8255)

SAMHSA Disaster Distress (Crisis) Helpline:
1-800-985-5990

SAMHSA National Mental and/or Substance Use Disorders Helpline:
1-800-662-HELP
(4357)

RECOVERY BOOKS SHOWCASE HOPE THROUGH ART

Oriana House’s Family Matters staff worked with clients to develop a Recovery Book to be sold as a fundraiser for client treatment services. Staff requested clients share drawings, poems, writings, or any other art they created to represent what recovery is to them.

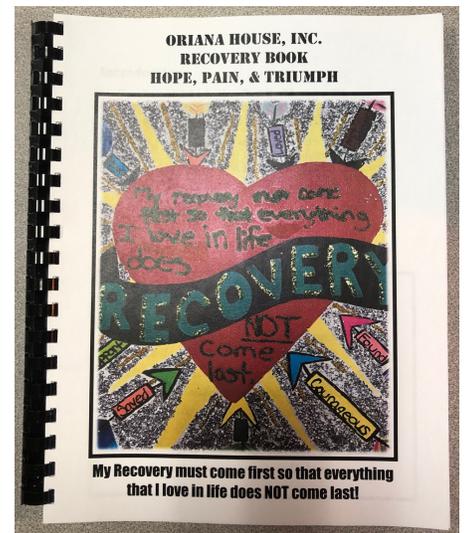
Jane Hicks, Support Services Supervisor, took each piece of art, photographed and/or copied and sized it, and then Support Services staff bound the books. The result is a 60+ page collection of original art from clients and treatment staff.

The Recovery Book is beautiful, inspirational, and offers an inside look at the pain of addiction and the hope of recovery.

If you are interested in purchasing one, ask any of the Oriana House staff by email or at the next Family Matters meeting.

The book sells for \$5.00.

Photo L to R: Chris Leonard, Clinical Coordinator, and Michael Gasparri, Treatment Counselor.



VIEW OUR NEWSLETTER ELECTRONICALLY

Give us your e-mail and we will give you a link! Your e-mail will remain confidential and we will send you information regarding Rigel Recovery Services and Family Matters.

The links to the newsletter and calendar can go directly to your in-box where you can read them anytime, and you will never miss an issue.

Simply send us an e-mail at pi@orianahouse.org and request to be added to our Family Matters newsletter list.

“There comes a day when you realize turning the page is the best feeling in the world, because you realize there is so much more to the book than the page you were stuck on.”

Zayn Malik

