

SPRING CLEANING FOR THE MIND

LifeLineConnections.org



For many, spring is the time for massive spring cleanings of homes and yards. Drapes are washed. Carpets are shampooed. Planters are refreshed and reseeded. Spring is a time for regrowth and renewal. But what about our mental health?

Spring is a great time to do a little “spring cleaning” of some of the mental dirt we accumulate in our minds and hearts. Decluttering negativity and drama from our lives and rejuvenating positive endeavors, such as creative projects, helps us start off the new spring season refreshed, and ready to better ourselves. So while you’re polishing silverware, here are some items to add to your mental health spring cleaning list.

DECLUTTER: Toxic relationships and drama - It is never a good time to hold onto friendships or relationships with people who seem to constantly put everything down. Though it may not always be obvious, other people’s negativity and instigation of drama only results in exhausting our own emotional reservoirs.

Bad habits - Take the time to eliminate bad habits that are counterproductive to your well-being. Many behaviors take 30 days of consecutive action to fully become a habit. Stay positive and keep heart.

Negative talk - Now is also the time to get rid of any tendencies to gossip or constantly complain. Don’t be the toxic friend who is always wallowing in the negative.

Negative thoughts - Spring is a good time to also get rid of any self-deprecating thoughts and self-doubt. Often times, our very own potential for greatness and possibility for achievement is ruined by our own thoughts.

Your physical space - It’s an old cliché. Clean house, clear head. But there’s more wisdom to the old adage than it may seem. Things take up mental space. When we have a closet full of junk, we waste brain power on where to store things rather than on more important matters. Furthermore, more stuff means more things to take care of.

REJUVENATE: Your physical health - If you’re suffering from a mental illness like depression, maintaining physical health can seem exhausting and impossible. However, despite how difficult it might feel, taking care of your physical health benefits your mental health. Small actions, such as taking a walk on a sunny day, drinking more water, or eating less sugary foods and drinks, all add up to a healthier you overall.

Gratitude - While getting rid of all those negative thoughts, now is a great time to refocus on things that make us grateful. It could be living sober, friends, or maybe just the great weather. Focus on gratitude to improve your mental health.

Creative projects - Have you always wanted to learn the guitar? Paint? Indulging our creative desires can do wonderful things for our well-being. Let your creativity thrive, and explore where it takes you.

Positive friendships - Nothing feels better than a good belly laugh. Find those friends that keep you laughing and support you, and nurture those relationships. Past good friendships gone to the wayside? Take steps to revitalize those friendships.

So this spring, have a productive spring cleaning of both your house and your mind.

For information on Family Matters and treatment visit www.RigelRecovery.org

Self-Care
Is Not Selfish



TeaTime.com

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)

BALANCED LIVING: HOW TO STAY ON TRACK By Amanda Snow

I declared myself a mess a long time ago. I lived in a constant, dull state of fear and anxiety. My emotions were more volatile than hurricane season, and not even I could predict how any given situation would affect me. It seemed like life was a struggle and a whole lot of effort that didn't really get me anywhere. Apparently over time, I had conditioned myself to react to the activity and obligations of my life with worry, anxiety, and exponential stress. I didn't crave the life I was living. I craved balance. And I lacked passion. Something had to give.

It did, almost by mistake. Over time I discovered newfound energy by changing my internal perspective on daily living. I challenged my toxic thoughts and actions and found peace in the present moment. I uncovered new ways to look at emotions, relationships, and situations in my life.

Instead of continuing to fight it, I made a decision to accept and flow with the monotony, bustle, and pressure of life. I made a list of what was truly important to me instead of living by someone else's rules. Also, I stopped sabotaging my body with distorted eating habits. I realized that I was okay, that I was enough, and it was actually pretty cool to be me. As a result, I feel more settled. I also feel more direction and balance than ever before in my life. I still get wound up, but my lows are nowhere near as low as before.

Does this sound familiar? Have you also started to find more balance in your life? The question is: what now? How can we continue this positive momentum now that we've found it? Fortunately, there are ways to find a deeper sense of balance, promote well-being, and keep re-gaining your life.

1. Get better: There are always new and different ways we can improve our way of living. Do some digging and research fresh ways to enhance your life. Bookmark your favorite websites, and make time each week to read the latest on living well.

A quick and easy change you can make right now is to focus on living moderately. Practice planning ahead. Pack a full water bottle before going out for three hours. Get better at pre-planning for future expenses. When we learn to anticipate what the situation or our bodies will call for, that's a huge part of balanced living.

2. Explore what makes you passionate: If you're reading this, chances are you have a passion, maybe many. The reality is that anything can be a passion. Pets. Gardening. Watching planes come in at the airport. Finding something that you love that feeds your true self can be incredibly freeing and refreshing.

3. Spread the word: When you find ways to enrich or change your life, a natural extension of that is to share with others. I have yet to find anything more rewarding and motivating than knowing what I have to offer has helped someone.

4. Go au-natural: Start to be mindful of the products you are putting in and on your body. You will be surprised how tolerant we become to harmful chemicals and ingredients, and even more surprised how much of an impact the constant accumulation of icky substances has on our well-being. Start small, like avoiding foods with artificial sweeteners or replacing your face wash and body lotion with natural alternatives.

5. Find the balance that's right for you: Don't try to be anyone else. Find comfort in the fact that it's okay and even ideal to not fit into someone else's idea of what's right: the right work, the right work/life balance, the right feelings, etc.

6. Create balance in your interactions with other people: Do your part to maintain stable, positive relationships, instead of sweating the small stuff and creating drama. If you aim to maintain balance around you, it will help you maintain balance within.



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.



Addiction & Family Empowerment Conference

Empowerment through Education: Where Families In Crisis Can Meet Those Who Can Help

WHEN: Saturday, May 4, 2019 8am – 5pm

WHERE: Holiday Inn, Independence, Ohio Route 480 & 77 (6001 Rockside Road)

WEBSITE: www.FamiliesImpactedByOpioids.com

- WHAT:
- What a family can expect in the journey
 - The 12 key issues families face
 - What you can do about these issues
 - Networking “one to one” who can help
 - Jim Joyner, speaker, with a 40-year counseling career
 - A 12 -member expert panel discussion, one for each issue
 - 16 breakout learning sessions by professional experts
 - 50 Exhibitors, with information and resources

Get Tickets: \$5 per person. Register now, pay at the door. YOU MUST REGISTER. Seating is limited to 500 seats. Go To: www.eventbrite.com “Addiction & Family Empowerment”

EMPOWERMENT: THE 12 KEY ISSUES

1. Enabling vs Disabling: Learn what is enabling and how it is disabling.
2. Addiction Behavior: Identifying addiction behavior, how it will change over time.
3. Family Intervention: The family will seek to intervene in response to the behavior. What to know, what to do, who to include.
4. Police: Learn what they need from the family, how the family can prepare, use the police to your advantage.
5. Emergency Medical Services: This is an intervention and is likely to happen, what to do when it happens, how to prepare for it.
6. The Legal System: This is an intervention, learning how to navigate the court system is an invaluable step, it will save time, money and reduce stress.
7. Treatment Centers: What they do, what they don't do, how to select the right one, what to expect at discharge.
8. The County, State and Federal Agencies: Many programs are available to find assistance, learn how to find the right one at the right time and how to get the most from them.
9. Getting Back to Work: This is not like a normal job search. With new conditions and requirements will come new challenges.
10. Successful Life Long Recovery: How to sustain it, where to find the support to maintain it.
11. Bereavement: There is support here too, it may be part of the life journey.
12. Faith: Spiritual Practices, using the grace that has been given to us all.



Sarah Tkac, LSW, LICDC, is a Clinical Manager at Oriana House, Inc., and will be presenting information about Treatment Centers at this conference. Sarah works directly with Rigel Recovery Services, the treatment arm of Oriana House, Inc., and was instrumental in reorganizing the agency's treatment services in Cuyahoga County. Rigel Recovery Services provides outpatient substance abuse treatment including medication assisted treatment, trauma and specialized counseling groups, and family support.