

Recovery Connection

June 2020

"Peers Helping Peers Create Pathways to Recovery"



Is Your Glass Half Empty or Half Full? With practice, you can overcome negative self-talk

Do you tend to be pessimistic or have you felt increased pessimism linked to the C-19 pandemic? Don't despair. You can learn positive thinking skills, and there are good reasons to make the effort. When your state of mind is generally optimistic, you're better able to handle everyday stress in a more constructive way. Good stress management benefits overall health. Remember, your body hears everything your mind says. Positive thinking starts with self-talk. Self-talk is the endless stream of unspoken thoughts, positive and negative, that run through your head. Some self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information, uncertainty and fear of the unknown.

First step is to identify negative thinking: Not sure if your self-talk is positive or negative? Some common forms of negative self-talk include:

- Filtering – Magnifying the negative aspects of a situation; filtering out all the positive ones.
- Personalizing - When something bad occurs, you automatically blame yourself.
- Catastrophizing - You automatically anticipate the worst.
- Polarizing - You see things only as either good or bad. There is no middle ground.

Second step is to create a new habit of positive thinking – Try these techniques to manage negative self-talk:

- 1. Identify areas to change:** Identify areas of your life that you usually think negatively about, whether it's work, your daily commute, a relationship, etc. Focus on one area at a time.
- 2. Check yourself:** Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- 3. Be open to humor:** Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh (especially at yourself), you feel less stressed.
- 4. Follow a healthy lifestyle:** Aim to exercise for about 30 minutes on most days of the week. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn techniques to manage stress.
- 5. Surround yourself with positive people:** Find supportive people you can depend on for helpful feedback. Negative people increase stress.
- 6. Practice positive self-talk:** Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you're thankful for in your life.

Question of The Month

What qualities make me a unique and special person?

A big part of recovery is learning how to rediscover yourself and your identity apart from drugs or alcohol. Start by writing three things about yourself that you're proud of and add to the list regularly.



Negative vs. Positive Self-Talk

"I don't have the time"	"Let me re-examine my priorities"
"I've never done it before"	"Here's a chance to learn something new"
"It's too complicated"	"I'll tackle it from a different angle"
"I don't have the resources"	"Necessity is the mother of invention"
"There's no way it will work"	"I can try and make it work"
"It's too radical a change"	"Let's take a chance"
"I messed up too much to start over"	"I accepted my mistake and here's my plan"
"I'm not going to get any better at this"	"I'll give it another try"

What is a Peer Recovery Specialist?

A Peer Recovery Specialist is a person who has lived experience in addiction and recovery and assists individuals who are looking to do the same thing. Peer services at CCSEM include:

- Support clients in their recovery journey
- Identifying personal recovery pathways
- Advocate
- Relapse prevention
- Connect to community resources
- Provide support and encouragement
- Help set and maintain goals
- Locate and transport to treatment facilities
- Help remove barriers to successful recovery

If you believe that you or someone you know would benefit from these services and if you receive assistance from Oakland County Health Network, contact us today!

Monica Place:
(734) 718-0274
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Sue Harrington:
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*Questions, suggestions, comments or concerns please contact us:
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harringtons@ccsem.org

Loving Yourself invites others to love you.

Respecting yourself invites people to respect you. It all starts with you.

—mandy hale—

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Start the Day With A Positive Affirmation

How you start the morning sets the tone for the rest of the day. Talk to yourself in the mirror, even if it feels awkward with statements like the ones listed below:

- I am enough
- I am doing the best I can
- I am an amazing person
- I will be kind to myself
- Today will be a good day
- I am grateful
- I forgive myself
- I am loved

Five Senses Mindfulness Activity



Find 5 things you can see



Notice 4 things you can feel



Notice 3 things you can hear



Notice 2 things you can smell



Notice 1 thing you can taste

Catholic Charities Online Groups

Peer Recovery Group:
Mondays 7pm-8pm

Dual Diagnosis Therapy Group:
Tuesdays 7pm-8:30pm
(Waterford)

SUD Therapy Group:
Tuesday 5:30-8:00pm
(Royal Oak)

12 Step Study Group:
Saturdays 12pm-1pm

*Contact your recovery coach or therapist for more information