

# ROADS TO RECOVERY NEWSLETTER

Created by Dual Recovery at Warren Washington Association for Mental Health to support individuals in recovery

A NEWSLETTER FOR YOU  
AND ABOUT YOU

## SPOTLIGHT TOPIC

### Celebrate Life

BY GINGER MILLER

**DID YOU KNOW?**  
JANUARY 22ND IS NATIONAL  
CELEBRATION OF LIFE DAY

Think about how often we make or hear comments regarding how quickly children grow up, how quickly we grew up – where did our childhood go, the need to slow down and enjoy life – where have the years gone, how quickly we age and how quickly our parents are aging, how we wish we had spent more time with someone or any other similar lamenting. It happens pretty often, right?

When was the last time you sat and just watched a child playing, no other conversation or distraction, just watching, possibly even recalling when you were their age? I can recall when I was a child playing in the sand so engrossed in making mud pies or dirt roads that I wasn't even aware of the world happening around me, I didn't even hear that I was being called to come in the house. I think back to playing with my niece when she was only about a year old and getting her to laugh so heartily that her whole body would jiggle, her cheeks would turn pink, and there would be the occasional gasp for air in between the laughter. For some of us, children can have this magical effect, where we are transported back to a time when we were young ourselves. Perhaps even creating a longing for those days of being carefree and innocent again.

For many of us, celebrating occasions like weddings, births, graduations, and some holidays became the times we commemorate, many of the precious moments in between started going unnoticed more often. Sure, we get busy with adult responsibilities; work, education, children, paying bills, aging parents, and a pile of other things, but why shouldn't we make time to celebrate the moments more often? Yes, I am guilty of the same thing and as it is commonly said, it is easier said than done.

I once had an outpatient counselor suggest to me that I get in touch with my inner child, which sounded a bit corny to me. But, I was at a place in my life that I wanted and needed change, I wanted to heal, so I agreed to try his suggestion. I am so glad I did! (By the way, did you know there is a specific therapy technique for getting in touch with your inner child?!) The things he had me try felt very weird at first, but I did find some healing through them and eventually they became a form of self-care for me. It is something I try to be mindful of to this day.

So, how can we get back to celebrating and appreciating the priceless moments we have



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## Celebrate Life (Cont'd)

in life, in between all of the responsibilities? The biggest help I've found is to slow my mind down (which took some practice!) and be in the present. Sometimes finding the time to slow down and be present can be incorporated into some of our routines. Here are a few examples. When you are tucking your child into bed for the evening, read a book to them and be in that moment while you do, make it fun... become a character in the book. I used to love going to visit my grandmother to do puzzles with her...getting lost in the moment just like when I played in the sand as a child. I have wonderful memories that I treasure especially now that she is gone. Invite a few family member over to play a few games... turn off the phones and allow yourself to feel like a kid again while playing the games. I remember my father teaching me how to change a tire when he had a flat one time, a practical lesson for me and good memory. If you have an elderly parent that you help or care for, perhaps while riding to the store or doctor appointment, have them tell you something about their past, such as how they met their spouse or what it was like when you were born. The next time the grandkids come over, have them help you cook or bake some cookies. I'm guessing you can think of something like this that you might be able to try. I see and savor how remarkable life can be when I slow down and stay present, even though I don't do it nearly as often as I'd like. Wonderful memories are made, I find myself having more gratitude, and sometimes I even see that little girl in me come out. Now that is something extra special to hang on to! The next time you are doing your fingernails or tinkering with fixing some small appliance, playing frisbee with a dog, or watching a children's movie, try slowing your mind down to be in the moment and maybe, just maybe... if you are looking for it, you'll see that your inner child wants to come out and play. Embrace the moment and celebrate life!

# UNDERSTANDING THE DIAGNOSIS

## Generalized Anxiety Disorder

BY GINGER MILLER

The National Institute of Mental Health (NIMH) explains that anxiety is an expected part of life that can occur in a variety of contexts, such as when we're dealing with a problem at work, preparing for a test, or grappling with an important decision. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The symptoms of an anxiety disorder can interfere with daily activities such as job performance, schoolwork, and relationships. There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, social anxiety disorder, separation anxiety disorder, and various phobia-related disorders. For this month's article we will be focusing on Generalized Anxiety Disorder (GAD). According to the Anxiety & Depression Association of America (ADAA), anxiety disorders are the most common mental illness in the U.S. affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year (that's just for individuals who are diagnosed, can you imagine how many more there are that go undiagnosed?!). Anxiety disorders are highly treatable, yet only 36.9% of those diagnosed receive treatment. Women are twice as likely to be affected as men and GAD often co-occurs with major depression. People with GAD display excessive anxiety or worry about any number of things such as personal health, work, social interactions, and everyday routine life circumstances. This fear and anxiety can cause significant problems in areas of their life, such as social interactions, school, and work.

Symptoms of GAD include feeling restless, wound-up, or on-edge, being easily fatigued, having difficulty concentrating; mind going blank, being irritable, having muscle tension, difficulty controlling feelings of worry, and having sleep problems, such as difficulty falling or staying asleep, restlessness, or unsatisfying sleep. Researchers are finding that both genetic and environmental factors contribute to the risk of developing an anxiety disorder. Although the risk factors for each type of anxiety disorder can vary, some general risk factors for all types of anxiety disorders include temperamental traits of shyness or behavioral inhibition in childhood, exposure to stressful and negative life or environmental events in early childhood or adulthood, and a history of anxiety or other mental illnesses in biological relatives. A physical health examination is helpful in the evaluation of a possible anxiety disorder, as some physical health conditions, such as thyroid problems or heart arrhythmias, and the consumption of caffeine or other substances/medications can produce or aggravate anxiety symptoms.

## Generalized Anxiety Disorder (Cont'd)

Anxiety disorders are generally treated with psychotherapy, medication, or both. There are many ways to treat anxiety and people should work with their doctor to choose the treatment that is best for them. Psychotherapy, or “talk therapy”, can help people with anxiety disorders by focusing on the person’s specific anxieties and tailoring treatment to his or her needs. Cognitive Behavioral Therapy (CBT) is an example of one type of psychotherapy that can help people with anxiety disorders. It teaches people different ways of thinking, behaving, and reacting to objects and situations that may be fearful and anxiety-producing for them. CBT can also help people learn and practice social skills, which is vital for treating social anxiety disorder according to NIMH.



## HEALTH & WELLNESS

### Mind, Body, and Soul Wellness

**DID YOU KNOW?**  
JANUARY 3RD IS INTERNATIONAL  
MIND- BODY WELLNESS DAY

BY GINGER MILLER

I stopped making those spontaneous New Year’s resolutions so many of us make. At a fairly young age I recognized that although I wanted what I was resolving to do, I didn’t have the drive or ambition to follow through. I recognized I was setting myself up for failure that would just leave me feeling depressed. I do, however, recognize the significance of a new year and new beginnings. Something that does resonate with me is to recognize and celebrate that the connections between our mind, body, and soul have a tremendous impact on our overall health and well-being. So, for me, there couldn’t be a better time than at the beginning of the year to review my emotions, experiences, beliefs, habits, actions, spirituality, purpose, and goals - this intertwined ball of my life and examine the direct connections between them. Of course, to examine all of them at once would be very overwhelming for me so I just pick a few to begin with and start there.

When examining my emotions, I reflect on the recent past to determine if I’ve been happy more often than not. If I haven’t, I have more to digging to do so I can look to see what I can change. As for my beliefs, I like to scan through old journals and I can often see some changes and acknowledge the progress I’ve made. Then I ask myself if I like the changes, are they growth for me? How have those changes affected other areas of my life? This connects nicely with asking myself if there are habits I have developed that support those changes, which gives me the option to continue them and if I don’t like the changes then I can take the necessary actions needed to correct them.

Over the years I have come to some conclusions that perhaps you may recognize in yourself as well. I’ve noticed that getting an adequate amount of quality sleep is essential for lowering stress and for my body to replenish itself (September 2021’s “Sleep Hygiene” article had some great ideas on this). In recovery, I’ve learned that we can rewire our brains through developing healthy habits and positive routines (August 2021’s “Creating Healthy Habits” article could be helpful to review for this). This is where I like to take a closer look at what self-care habits I have and if I have let ones slip that I want to work on again, such as meditation, better eating, time for myself to do something I enjoy, random acts of kindness, mindfulness, yoga, therapy, or anything else I may have found helpful in the past. I’ve come to recognize the need for spirituality (which is different from religion) and the importance of it being a regular part of my life to help keep me balanced. Once I found my purpose, I found that for me, staying aligned with it is essential for my mental health, so I like to ponder some possible goals to support my growth there. Once I feel like I have some good personal, detailed information and insight as to where I am currently at, I can look at what I want to focus on next. Starting a new year armed with this knowledge and direction helps me set my goals. I have also found that by taking baby steps and setting several small goals, I am much more likely to get to the bigger picture I have in mind. NOW, I feel off to a good start for making this new chapter of 2022 a successful year once again.

# 2022

## HAPPY NEW YEAR

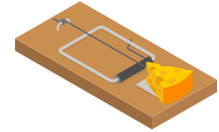
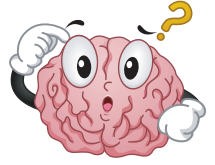
### THE FUN SPOT

#### DID YOU KNOW?

JANUARY 4TH IS  
NATIONAL TRIVIA DAY

### Random Trivia

1. In California, you can't legally buy a mousetrap without what?  
a) picture proof of a mouse b) buying cheese with it c) A hunting license d) a cat
2. The first hockey pucks used in early outdoor hockey games were made of what?  
a) Dried mud and grass roots b) Frozen cow dung c) Wax d) Clay
3. Who claimed he could "drive away the devil with a fart?"  
a) Elvis b) Charles Schulz c) Donald Trump d) Martin Luther
4. What do you call a group of unicorns?  
a) A blessing b) A herd c.) An enchantment d) A collection
5. With how many bricks is the Empire State Building made of?  
a) 500 thousand b) 1.5 million c) 5 million d) 10 million
6. What was Walt Disney afraid of?  
a) Magic b) Mice c) Heights d) Spiders
7. How do you tell the age of a horse?  
a) Ask the vet b) the color in it's eyes c) How many hands tall it is d) Its teeth
8. What is Bob Dylan's real name?  
a) Robert Zimmerman b) Bobby Moses c) Robert Dylanosso d) Dylan Roberts
9. What color is the 'black box' in an airplane?  
a) Black b) White c) Red d) Orange
10. What is the main ingredient of Bombay Duck?  
a) Snake b) Fish c) Mongoose d) Duck
11. Who is the oldest man to win People Magazine's sexiest man alive?  
a) John Wayne b) George Clooney c) Richard Gere d) Sean Connery
12. In the state of Georgia, it's illegal to eat what with a fork?  
a) Fried chicken b) Peaches c) Pecans d) Jellybeans



## THE JANUARY CHALLENGE

Our January challenge relates to the "Celebrate Life" article on pages 1-2. Share with us a moment that you were able to slow down and celebrate a small moment in life. Tell us how this made you feel and what you were able to take away from it.

And if your inner child came out, we'd love to hear about that too!

Everyone who chooses to participate in January's challenge and writes to us before January 25th will win a gift card to Dunkin Donuts! You will also see your response next month in our "Your Voice" section! If you want it to be printed anonymously, just let us know when you send it in that you don't want your name on it. Email us at: [gmillar@wwamh.org](mailto:gmillar@wwamh.org) to participate.



# YOUR VOICE

Here are some of the responses we received from December's Challenge to share with us a positive affirmation, mantra, or encouraging quote you like, or to share what has helped you to learn acceptance or to be forgiving.

*"What helped me learn forgiveness: Always putting myself in their shoes. It is important to try to understand what someone else is going through, or if you don't, understanding that they might be having a bad day because of external factors. Making sure that you do this before engaging in a conversation with someone who might be upset is something that I always try to do! It helps deescalate the conversation and might also be the response that they didn't know they even needed." -Sabrina*



"HERE'S ONE OF MY FAVORITE QUOTES (I HAVE IT ON MY OFFICE WALL): "LIFE SHRINKS OR EXPANDS IN PROPORTION TO ONE'S COURAGE." -ANNAIS NIN" -LISA

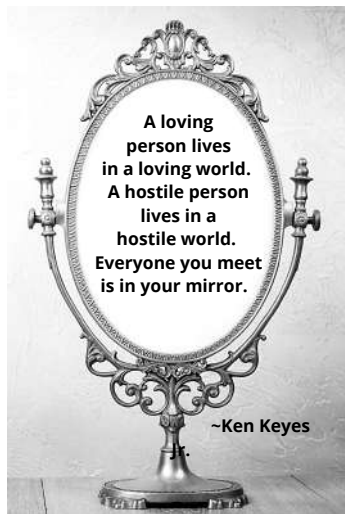
**"Positive Quote:**  
"Be the change you wish to see in the world."

This has always been something I took to heart and it was the mantra that we used to use as part of a small youth group I was a part of for 12 years to make positive change in the local community. It always stuck with me." -Sabrina

# INSPIRATION & MOTIVATION

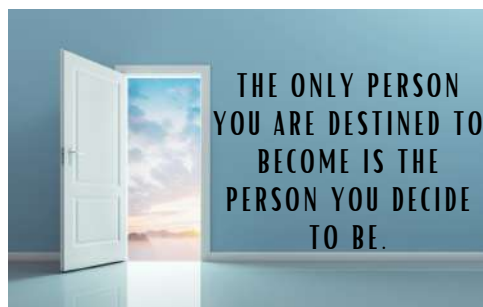
Packaged inside of every mistake there lays a great lesson. And while I don't want to take the mistake into the New Year, I most certainly want to take the lesson that's packaged inside of it.

Craig D. Lounsborough



Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections.

Great achievement is usually born of great sacrifice, and is never the result of selfishness.  
~ Napoleon Hill



## ..... Trivia Answers

- 1 c - a hunting license
- 2 b - frozen cow dung
- 3 d - Martin Luther
- 4 a - a blessing
- 5 d - 10 Million
- 6 b - mice
- 7 d - its teeth
- 8 a - Robert Zimmerman
- 9 d - orange
- 10 b - fish
- 11 d - Sean Connery
- 12 a - fried chicken

# RECOVERY

## Resources

### WEBSITES

- Al-Anon and Ala-teen Groups** – Hope and help for families and friends of alcoholics: [al-anon.org](http://al-anon.org)
- Alcoholics Anonymous (AA)** - Local group schedule and information: [district13.aahmbny.org](http://district13.aahmbny.org)
- Celebrate Recovery (CR)** – Celebrate Recovery is a Christ-centered, 12-Step recovery program for anyone struggling with hurt, pain or addiction of any kind: [celebraterecovery.com](http://celebraterecovery.com)
- Debtors Anonymous** - Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others: [debtorsanonymous.org](http://debtorsanonymous.org)
- Digital Recovery Support** -Online recovery support groups are available daily. They are open to anyone who is dealing with substance use, mental health conditions, and any other quality of life concerns. Meetings are led by peer recovery support specialists who have firsthand experience and understand what you're going through: [www.recoveryanswers.org](http://www.recoveryanswers.org)
- Gamblers Anonymous (GA)** – Online services for anyone struggling with a gambling addiction: [gasteps.org](http://gasteps.org)
- Grief Recovery After a Substance Passing (GRASP)** – For those who have lost someone to substance use or addiction: [grasphelp.org](http://grasphelp.org)
- In the rooms** - A global online recovery community who share their strength and experience with one another daily through live meetings, discussion groups, and other tools in the rooms: [intherooms.com](http://intherooms.com)
- My Recovery** – Online 12-step meetings: [myrecovery.com](http://myrecovery.com)
- Narcotics Anonymous (NA)** - local group schedule and information: [narcotics.com](http://narcotics.com)
- Overeaters Anonymous (OA)** – Online support groups for anyone who wants to stop eating compulsively: [oarecovery.com](http://oarecovery.com)
- The Phoenix** – Recovery community organization offering daily live stream cross-fit, yoga and meditation every two hours through the COVID Crisis: [thephoenix.org](http://thephoenix.org)

### PHONE NUMBERS

- The Trevor Project** - Support for youth in crisis: [thetrevorproject.org](http://thetrevorproject.org)/hotline: 866-488-7386
- International Bipolar Association Crisis Line**: 1-800-273-TALK (8255)
- National Association of Anorexia Nervosa and Associated Disorders Helpline**: 630-577-1330
- National Center for PTSD Helpline**: 1-800-273-8255
- National Alliance on Mental Illness (NAMI)**: Hotline staff are prepared to answer any mental health questions you may have. You can also text NAMI to 741741 for free support. (800) 950-NAMI (6264)
- Substance Abuse and Mental Health Services Administration (SAMHSA)**: Available 24/7, 365 days a year: (800) 662-HELP (4357). The professionals on the phone can provide treatment information and referrals in English and Spanish.
- MentalHealth.gov**: Available 8am to 8pm EST to provide mental health information and treatment referrals: (877) 726-4727
- National Institute of Mental Health (NIMH)**: Available 8:30am to 5pm EST: (866) 615-6464 or (866) 415-8051 (TTY). Professionals can answer any mental health related questions in English or Spanish.
- Boys Town**: Specially trained counselors are available 24/7, 365 days a year to provide crisis support specifically for children and their families: (800) 448-3000

### PODCASTS

- This Naked Mind** - Some of the episodes discuss alcohol withdrawals, the link between drinking and binge eating, how to deal with loneliness, and more.
- Recovery Rocks** - Our varied paths show listeners that there are a myriad paths to recovery and countless songs to rock out to along the way.
- Mental Health - Hope and Recovery** - They share inspirational true stories and a host of recovery skills. You'll learn about treatment options, coping skills, goal setting, relationships, and mindfulness.
- Mental Illness Happy Hour** - Weekly interviews with comedians, artists, friends, and the occasional doctor.; exploring mental illness, trauma, addiction and negative thinking.

### APPS

- Addiction Apps**: Twenty-Four Hours A Day (Free), Quit That! Habit Tracker (Free), NoMo (Free)
- Counseling Apps**: TalkSpace (\$\$) BetterHelp (\$\$) Larkr (\$\$) ReGain (\$\$) TeenCounseling (\$\$)
- Suicide Prevention Apps**: MY3 (Free) notOK (Free)
- General Mental Health Apps**: What's Up (CBT; Free) Mood Kit (CBT; \$)
- Anxiety Apps**: MindShift (Free), Self-Help Anxiety Management – SAM (Free), CBT Thought Record Diary (Free)
- Bipolar Disorder Apps**: IMoodJournal (\$), EMoods (Free)
- Depression Apps**: Talk Space Online Therapy (\$\$), Happify (Free), MoodTools (CBT; Free)
- Eating Disorder Apps**: Recovery Record (Free), Rise Up & Recovery (Free), LifeSum (Free)
- Obsessive Compulsive Disorder Apps**: nOCD (Free), Worry Watch (\$), GG OCD (Free)
- PTSD Apps**: PTSD Coach (Free), Breathe2Relax (Free)
- Schizophrenia Apps**: UCSF Prime (Free), Schizophrenia Health Story Lines (Free)
- Mindfulness & Meditation Apps**: Headspace (\$), Calm (\$), Ten Percent Happier (\$)

### WWAMH DUAL RECOVERY SUPPORT GROUPS

EVERY TUESDAY FROM  
4:00-5:00 PM AT THE  
HOPE & HEALING  
RECOVERY CENTER:  
2 MAPLE STREET, HUDSON FALLS  
ATTEND IN PERSON OR  
VIRTUALLY - ZOOM MEETING ID:  
844-2214-0148

PLEASE VISIT [WWW.WWAMH.ORG](http://WWW.WWAMH.ORG) FOR  
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THANKS FOR READING! :)

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