

ISSUE
12
AUGUST
2020

THE MONTHLY
JOURNAL OF
LIFE RECOVERY SERVICES

The Phoenix



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Administrative Office Hours

Mondays - Thursdays
9:30am - 6:00pm

Fridays
10:30am - 4:30pm

Weekends by appointment



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5 Effective Ways to Handle Insecurities

We are not born insecure, but we sure are good at becoming insecure. Our insecurities rob us of happiness and limit us in numerous ways. Insecurities can prevent us from enjoying life to the fullest. They can prevent us from becoming all that we can be.

Every normal person has at least a few insecurities, but insecurities can be minimized with effort.

Manage your insecurities and get more control over your life with these techniques:

- **Gently attack your areas of insecurity.** The best way to deal with insecurities is to eliminate them. So, come up with a plan and begin executing it. Suppose that you have a lot of social anxiety. You might spend some more time each week in public places. Then, you might introduce yourself to one new person each week, and so on. It is not necessary to overwhelm yourself. Just take one small step toward overcoming your insecurities each week.
- **Talk to someone you trust.** The people you trust will tell you the truth. When you are struggling, reach out to someone that cares. They can provide the support you need to move forward with your life.

- **Visualize a positive outcome.** We only feel insecure when we imagine a negative outcome. Imagine a positive outcome instead and you will feel a lot better. When you are feeling insecure, close your eyes and visualize good things happening. Make a habit of this. Use your imagination for your benefit.
- **Your insecurity is largely hidden from the world.** When you are feeling insecure, only the people that know you the best can tell. The rest of the world does not have a clue. Many people feel insecure. They feel embarrassed that everyone can tell they are insecure; but it is not true.
- **Remember your best moments.** Use your past to your advantage. Remind yourself of your best moments and greatest triumphs. Step back into those situations and remember how it felt to be so successful.



Empowering Morning Rituals

What you do in the morning can set the tone for what happens until you go back to bed. Start your day with rituals that make you feel powerful and alive. Mornings are a busy time for many families just getting everyone out of the door on time. On the other hand, you and your kids may be spending your days at home. That can be just as stressful as commuting, especially if you are concerned about your health and finances. The specific habits you choose will depend on your values and goals. Start small and have fun experimenting. Consider these ideas for morning rituals designed to help you thrive.

Empowering Morning Rituals for Your Body:

- **Skip the snooze button.** Do you feel groggy even after 8 hours of sleep? The trouble could be your snooze button. It interrupts your body's natural waking process. That can cause sleep inertia that lasts for hours.
 - **Drink water.** You may want to postpone your first cup of coffee. Plain water will rehydrate your organs and make you feel more alert. You can add a little flavor with berries, herbs, or cucumber slices.
 - **Eat breakfast.** You also need to refuel. Enjoy a balanced meal of traditional breakfast foods or heat up some leftovers. Smart choices include Greek yogurt with fruit or a fish taco.
 - **Work out.** Complete your main exercise session or move around a little, especially if you will be sitting at a computer for hours. Choose an activity that you love, like yoga or swimming.
 - **Weigh yourself.** If you are trying to lose excess weight, stepping on the scale each day may help. Keep in mind that daily fluctuations are natural, so look for upward or downward trends.
- **Go outdoors.** Morning light wakes up your body and starts a hormone cycle that prepares you for restful sleep at night. Sit on your patio or bike to work.

Empowering Morning Rituals for Your Mind:

- **Avoid technology.** Resist the urge to lose yourself in social media. Turn off your phone or check for urgent messages only.
- **Be prepared.** Starting on tasks the night before can make your mornings more pleasant. Lay out your clothes and pack your briefcase.
- **Meditate and pray.** Nourish your spirituality. If you are a beginner, start with a few minutes of meditation and build up your time gradually.
- **Repeat affirmations.** Give yourself loving and motivational messages. Speak in the present tense and keep your statements brief. Looking in the mirror can help you focus.
- **Connect with loved ones.** Enjoy family time. Play a word game with your kids while you are helping them get dressed. Tell your partner that you love them.
- **Cultivate gratitude.** Count your blessings. Think of someone who you need to thank today.
- **Continue learning.** You could use your mornings to complete your degree online or study more informally. Listen to history and economics podcasts. Read high quality fiction or nonfiction.
- **Have a project.** Do you struggle to find time for yourself? The early hours may be an opportunity to engage your personal passions or expand your side gig.



**Happy
Employment
Anniversary!**

**Star Howell
8/1/19**

**Penny Mitchell
8/21/19**



**Shariff El-Assi
8/29**

**Have you missed a
previous newsletter?**

**Visit our website to
read them.**

www.OKLifeRecovery.org



Watermelon Smoothie

Ingredients

- 1/4 watermelon
- 4 strawberries
- 1/8 cup sugar
- 1/8 cup water
- 1 cup crushed ice



Instructions

1. Cut your watermelon into quarters.
2. Spoon one quarter of the watermelon into your blender.
3. Cut the tops off 4 strawberries and add to your blender.
4. Mix well.
5. Add remaining ingredients to blender (sugar, water, and ice).
6. Blend well.

Professional Development

Wellness Coach Training
September 15
ODMHSAS

Mental Health 1st Aid Training
October 6
ODMHSAS

2020 Schedule of Office Closures

Please be aware that the offices will be closed for the following holidays:

September 7
Labor Day
Closed all day

October 12
Indigenous Peoples Day
Closed all day

November 11
Veteran's Day
Closed all day

November 26-27
Thanksgiving
Closed all day

December 24
Christmas Eve
Closed at Noon

December 25
Christmas
Closed all day

In the event of inclement weather, our offices follow the delay/closure policy for Mid-Del Public Schools.

Staff Spotlight

Penny Mitchell, LADC/MH Candidate

Therapist

- Graduated from the University of Central Oklahoma
- Has a passion for the homeless
- Specializes in trauma, MRT, anxiety, and depression
- Enjoys Vietnamese and Thai food
- Favorite colors are blue and pink



Flamingo Flocking Fundraiser

Each year we set at least one fundraising opportunity on the calendar. This year we have decided to have some unusual fun! We invite you to be a part of it.

We are sending flocks of flamingoes to your friends' yards. Nominate a household today. You may choose from the options listed below.

A \$40.00 donation will send the flock to your friend's home.

A \$50.00 donation will send them to your friend's home and ensure they won't get sent back to you.

Each donation receives a memorable flamingo inspired keepsake.

Give us the following info to get started...

Your Contact Info:

Family Name:

Family Address:

Family Phone Number:

Services Available

We currently offer individual, couples, family, and group sessions.

Our staff members provide trauma-informed services both in the office and in various confidential settings within the community.

We have staff who speak English, Spanish, and Vietnamese.

We offer urine testing, ADSAC assessments, pre-marital counseling, and the co-parenting course for those getting a divorce.

Please call the office to schedule an appointment or visit us on Tuesdays from 9:30am – 3:30pm for walk-ins.

Donations are tax deductible!

 **Cash App: \$LifeRecoveryServices**

 **www.OKLifeRecovery.org**

 **405-600-3252**

 **5113 SE 15th St. | Del City, OK 73115**

 **Download the Givelify App**

