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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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Being Authentic

Have there been times in your life when you felt you were not acting like your true self? Maybe you were unsure of a situation or were lacking the confidence to reveal who you truly are.

Whatever your reason, you chose to hide your real self. Personal concealment places us into an emotionally unhealthy cycle. First, we feel unsure of ourselves and this causes us to act even less authentic in the future. We may even begin to wonder, "Who am I?"

Rather than spending time hiding from the world, you will flourish by revealing your true self to others. Becoming more authentic in your interactions is possible.

Commit to increasing your personal authenticity in these ways:

1. **Monitor your feelings closely.** When you know and understand your own emotions, you will be less likely to behave in ways that contrast with your feelings.
 - Mindfulness will help you tremendously in your quest to be more authentic.
 - Stay in the moment and consider what is going on in your world in the present.
2. **Give yourself time.** If something happens and you are unsure of how to react or respond, it is okay to not react at all. Allow yourself some moments to consider the situation.
 - If you feel pressure to respond, saying something like, "I'm not sure how to respond to that," can be your best line of action until you are more confident in your reaction.

3. **Catch yourself being inauthentic.** When you realize you have been less than honest in a given situation, it is okay to say, "Wait a minute. I changed my mind," or "Maybe I'm not as sure about this as I thought."

- Remind yourself that you have permission to alter your response to anyone and anything at any time. Then, choose a route that is more in line with how you honestly feel.

4. **Notice what situations prompt you to be disingenuous.** Being insincere or untruthful each time you are around your in-laws or your supervisor, for example, will reveal where your insecurities lie.

- Do some self-reflection to determine why you are behaving this way around that person or in that situation.

5. **Be authentic with others to increase your level of confidence.** The ability to be open and honest shows that you like and accept yourself and you are self-assured. Avoid being afraid or too timid to show others who you really are. Self-confidence goes a long way!

6. **Realize that others deeply appreciate you when you are authentic in behavior and comments.** Think about how you feel when you are with someone who is consistently open with you. It feels comfortable and easy to be with someone you know you can trust. There is no tension or guesswork involved.

- If you keep this information in mind, you may find it a little easier to be authentic.



When you expend a little bit of effort on relating to others truthfully and carefully, you will gradually find that you like yourself more. When you offer authenticity to others, it sets a wonderful example for those around you. The more authentic you are, the richer the life you will live.

A Look at Ikigai

How many of us question what we do for our jobs? Have you ever wondered about why you do what you do? At some point, I believe we all get frustrated with our jobs, family, friends, etc. We feel as though we have lost something or maybe we cannot place our finger on the problem. We have some desires to be something or someone; and yet there is a disconnect between desires and the real world. Sometimes we even feel a certain existential frustration that stems from the conflicting desires. On one hand, we want to live a life of meaning and consequence. On the other, we want to enjoy the lifestyle that comes along with money, power, and prestige. The result becomes an infuriating struggle between the things that make money and the things we genuinely care about.

We must find a balance. This balance is found at the intersection where your passions and talents converge with the things that the world needs and is willing to pay for. It is easy to make mistakes in life. One great mistake is to believe that money leads to fulfillment. A lifestyle that is dedicated to making money will lead to lacking in other areas. There is a difference between the things that are important in your life and your life's work.

The Japanese have a word "ikigai" that encompasses all elements of life from careers to hobbies, relationships, and spirituality. Ikigai (pronounced "eye-ka-guy") is, above all else, a lifestyle that strives to balance the spiritual with the practical. In Japanese, it is written as 生き甲斐. It can be broken down in 生き (life) and 甲斐 (to be worthwhile). There is no direct English translation, but it is a term that embodies the idea of happiness in living. Essentially, ikigai is the reason why you get up in the morning. Ikigai is about finding joy, fulfillment, and balance in the daily routine of life.

Hector Garcia and Francesc Miralles claim the idea has a great promise. They say ikigai is the Japanese people's secret to a long and happy life. They refer to ikigai as "the happiness of always being busy."

Some people say the secret to a long life is not to worry. Others say you have to find your purpose in life. Still yet, others say that the secret is simply knowing that everything is connected.

If you are struggling with purpose and fulfillment, consider the following 3 steps to finding your ikigai:

Step 1: Ask yourself an important question. "What are you passionate about?" For some of us that is an easy task. I like to cook. I like to write. I like gardening. But for others, that question simply gets the ball rolling and it takes some discovery to find where your real passion lies.

Step 2: Find the medium to express your passion. An example of this could be Steve Jobs. Most people think he was a tech genius. However, Jobs was a lover of craftsmanship and obsessed over product design details. Tech just happened to be his chosen medium.

Step 3: Find where needs and passion intersect. To be realistic, not everything we love generates cash. Not everything that generates cash bring us joy. You need to ask yourself where your love could align with your talents and what the job market needs.



Happy
Employment
Anniversary!

Victoria Whatley
7/2/19

Maritza Rivera
7/16/19



Maritza Rivera
7/14



Failproof Chocolate Truffles

Ingredients

- 8 oz. finely chopped chocolate
- ½ cup heavy cream
- Toppings for decorations (sprinkles, nuts, etc.)



Instructions

1. Put the chocolate into a medium bowl.
2. Microwave the cream on high until hot but not boiling, 30 seconds to 1 minute. Alternatively, heat the cream over low heat in a small saucepan until steaming.
3. Pour the hot cream over the chopped chocolate and set aside for 5 minutes.
4. Whisk the cream and chocolate together until smooth and shiny.
5. Pour the ganache into a shallow pan or baking dish, such as an 8x8-inch baking dish. Refrigerate until firm, about 30 minutes.
6. Use a tablespoon or small cookie scoop to portion the ganache into 1-ounce portions (about 2 tablespoons each). Roll the balls between gloved hands until smooth and place on a plate. Refrigerate for a few minutes while preparing the coatings.
7. Pour the coatings into small dishes or bowls. Dip and roll the truffles in the coatings.
8. These truffles keep best in the refrigerator. Remove from the refrigerator about 30 minutes before serving.

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:

July 3-4
Independence Day
Closed all day

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

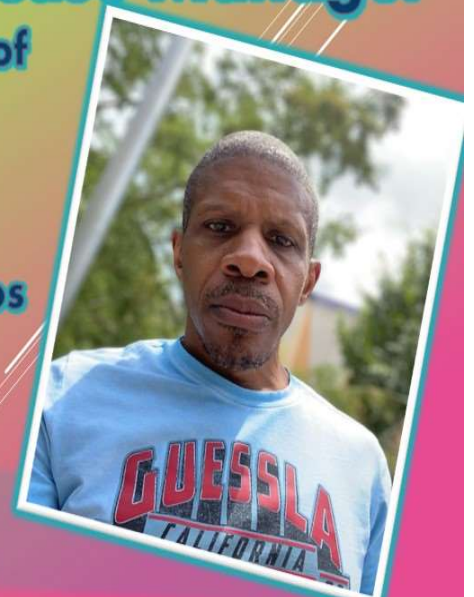
December 25
Christmas
Closed all day

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

Staff Spotlight

Roland Rance, CM II Case Manager

- Graduated from the University of Central Oklahoma
- Holds a Bachelor's Degree in Substance Abuse Studies
- Favorite food is homemade tacos
- Loves dogs



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

📲 Give Download the Givelify App

