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The Phoenix



In this issue...

Are You Making Life More Difficult? P.1

Mango Salsa Recipe P.2

7 Life Hacks That Work P.3

Are You Making Life More Difficult?

You can live life in a way that makes it challenging. Or, you can live life in a way that makes it much easier. Some people are highly skilled at making life more difficult than it needs to be. You probably know a few people like this. Even if you're making your way through the universe with a minimal amount of grief, it's likely that you could be doing even better.

Consider these tips to avoid making life more challenging than necessary:

1. **Do you lack goals?** Without goals, you can't ration your time effectively. People without goals have a tendency to find ways of amusing themselves that do little to enhance their lives. Spending your time poorly makes your life harder. It creates a situation where you're putting out fires rather than making progress.
2. **Do you waste time?** People with easy lives use a good portion of their day to accomplish things that matter. The more time you waste each day, the more chaotic your life becomes over time. Using your time well can help you avoid a lot of challenges.
3. **Do you procrastinate?** This is another way of wasting time. When you procrastinate, you either fail to get things done or you do a poor job because you're too rushed. How much drama have you created in your life by procrastinating?
4. **Do you think too much and do too little?** Many people spend too much time thinking and gathering information. Nothing happens until you actually do something. If you're spending too much time thinking each day, your life isn't as easy as it could be.
5. **Do you fail to learn from your mistakes?** There's no reason to make the same mistake twice. If you learned from every mistake you made, you'd have an amazing life!
6. **Do you worry about things that you have no control over?** What do you worry about in an average day? What does it accomplish? What if you spent that time on something more relevant? How would that impact your life?
7. **Do you fail to build good habits?** You already have some good habits, like brushing your teeth. So, it's possible to build additional good habits. When you establish positive, meaningful habits, your life will be much easier. Negative or ineffective habits lead to big challenges. What positive habits will you start?
8. **Do you fail to plan how you spend your time?** Avoid waking up each day without a clue of how to get the most out of your day. Make a plan the night before and do your best to complete it each day. Imagine what your life would be like if you could do this on a regular basis!
9. **Do you spend time with negative people or those that struggle themselves?** The people that you spend time with influence your life. If you improve the quality of people in your life, your life will improve, too. Spending time with those that struggle will cause you to struggle as well.
10. **Do you compare yourself to others?** Let go of the comparisons and strive to be better than you were yesterday. It won't take long before your life is amazing. You gain nothing from comparing yourself to others.

There are many aspects to life that are beyond your control. Challenges are a part of life. However, there are numerous ways you can make life a lot harder than it has to be. Conversely, there are ways to make life a lot easier. Take action on some of these tips and discover how much easier life can be!

Administrative Office Hours

**Mondays - Fridays
6:00am - 6:00pm**

**Saturdays
10:00am - Noon**



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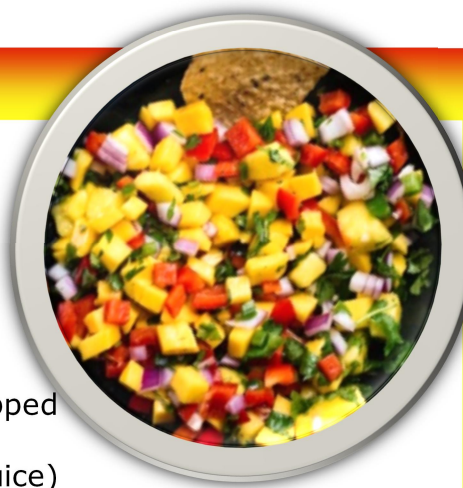
Mango Salsa

Ingredients

- 3 ripe mangos, diced (see photos)
- 1 medium red bell pepper, chopped
- ½ cup chopped red onion
- ¼ cup packed fresh cilantro leaves, chopped
- 1 jalapeño, seeded and minced
- 1 large lime, juiced (about ¼ cup lime juice)
- ⅛ to ¼ teaspoon salt, to taste

Instructions

- ❖ In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime.
- ❖ Using a large spoon, stir the ingredients together. Season to taste with salt, and stir again. For best flavor, let the salsa rest for 10 minutes or longer.



Services Available

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

Our staff members provide trauma-informed services in the office, in various confidential settings within the community, and via tele-health.

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

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

Please call the office to schedule an appointment or visit us on Tuesdays or Fridays for walk-ins.

Staff Spotlight

Pashen Bennett, LPN, PRSS Nurse

- Mother of 7 (5 Boys & Twin Girls)
- Favorite color is yellow
- Hobbies include eating food, spending time with family, and running her kids around
- BLS & Phlebotomy Certified



Recovery is...

Letting go of your current life by accepting your pain as you create a new atmosphere for yourself where you're less likely to be triggered, where you're more likely to fill your emptiness with things that are healthy for you.

by Juwanca Discu

7 Life Hacks That Work

We all want to accomplish more and have more free time. With limited time and energy, every trick that can potentially make life easier is worth investigating. There's more than one way to catch a mouse, and there's more than one way to handle daily living.

Life hacks can save time, increase productivity, and make life easier:

1. **Use a timer.** A simple timer can greatly increase your focus and productivity. For example, the next time you need to clean the kitchen, determine how long it should take. Then set a timer for a couple of minutes less than your guess. See if you finish before the time runs out. You'll be more focused and get more done.
 - Use a timer at work. There are timers available for your computer and cell phone.
2. **Take a 10-minute break every hour.** Set your timer for 50 minutes and work hard. Then give yourself a 10-minute break. Productivity studies have shown this to be the best ration of work and rest for the average person.
 - Use the 10 minutes to take a quick walk, do a few pushups, get a drink of water, or deal with personal email. You'll get more done over a long day than you ever thought possible.
3. **Fill up your gas tank before you get home from work.** Avoid putting anything off until the morning if it can be done beforehand. You're likely to forget, or something will go wrong. If you're running late before you remember that you need gas or something else for work, you're doomed.
4. **Prepare to leave, then be idle.** Imagine this: you have to be at a party in three hours. It will take 30 minutes to get ready and 30 minutes to drive there. If you're like most people, you'll wait two hours, then get ready, then drive to the party. This is a recipe for disaster.
 - Instead, give yourself an hour to get ready. You'll be ready in plenty of time. You can then spend any extra time doing whatever you were going to do if you had waited for two hours.
 - If getting ready to leave is the last thing you do before leaving, you'll frequently be late.
5. **Start slowly.** The key to adding any new behavior is to start slowly and gradually increase the amount of time spent doing the new behavior. This strategy works whether you're starting a new exercise routine, learning to play tennis, starting a new language, or trying to implement any new habit.
 - Changing too quickly has a tendency to derail your efforts. Be patient and enjoy how easy it is to be successful at maintaining your new behavior.
6. **Sort your mail before it leaves your hand.** You get home from work and grab the mail. Before you toss it on the kitchen counter, quickly sort through it. Put the junk mail in the trash and organize the rest. Keep your bills in one location, preferably where you sit while you pay them.
7. **Get a toy; give up a toy.** After a child has accumulated a certain number of toys, the clutter gets out of hand, and several toys never get used. Institute a rule that every new toy results in the loss of a toy. Donate the toy to charity, give it away to a friend, or sell it. It's a good lesson and will keep the house tidier.

Life is fast and furious. ***It can be challenging to find time to do everything that needs to be done.*** A couple of simple hacks can free up a little time for more important things. Life can be less stressful and more productive.

Have you missed a previous newsletter?

Visit our website to read them.

www.OKLifeRecovery.org



Drug Diversion Training

To enroll contact:
www.NurseCE4Less.com

2021 Drug Testing Procedures, Reports, Purpose of Tests, and Clinical Significance of the Results

To enroll contact:
Life Recovery Services