

The Phoenix



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Administrative Office Hours

Mondays - Fridays
6:00am – 6:00pm

Saturdays
10:00am – Noon



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Last Year's Lessons

Consider how many mistakes you make each year. Now, imagine if you could learn from them and avoid repeating them. It's not just your mistakes. It's also all the things you tried that didn't work, and the things you saw other people try that didn't work. You also did a few things that worked out. You might want to apply all of this knowledge you gained to this coming year. After doing this for several years, your life would be pretty spectacular!

Since you're learning so much each year, why not put it to good use? Unfortunately, we don't change our behaviors very much from year to year. Commit to making this year different.

Apply the lessons of the past to the future:

1. **Take a few days to review the last year.** What did you learn, both positive and negative? What mistakes did you make? What were your biggest wins?
 - o Do you see a pattern to any of your mistakes? Can you see that many of your challenges are caused by committing the same mistakes year after year?
 - o Now, consider your friends and family. What challenges did they face? What were their successes? What can you learn from them?
 - o Take the best and the worst from your past and learn from them. Make use of that information to enhance your life.
2. **Find alternatives to your least effective actions.** Maybe you procrastinate too much or consistently show up to work late. What are the changes you want to make in the coming year?
3. **Identify those behaviors that support your success.** Perhaps you made your spouse feel loved and lost 25 lbs. Those are behaviors that you might want to repeat.
4. **Create new habits.** Choose habits that will counteract your less-effective behaviors and ensure your positive behaviors occur more frequently. Using our examples:
 - o Procrastination: Take immediate action when you know something needs to be done. Remind yourself of the pain procrastination has caused in the past and imagine how amazing it will feel to complete the task.
 - o Late to work: Place your alarm on the other side of the room so you're forced to get out of bed. Choose your clothes the night before. Commit to leaving the house in plenty of time.
 - o Spouse: Spend 15 minutes each day doing something nice for your spouse. Remind yourself of what you love about them.
 - o Lost 25 lbs: Continue making healthy food choices and working out three times each week.
5. **Monitor yourself.** If you're not careful, you'll quickly slip back into your old patterns of behavior. Change is challenging, and you can expect to face a lot of internal resistance. Avoid being too hard on yourself when you slip. Just vow to redouble your efforts going forward!
6. **Celebrate your successes.** When you apply what you've learned from last year, you can expect some great things to happen. Appreciate them and be proud of yourself. This is the best way to ensure good things keep happening. Reinforce your behavior by feeling good about yourself.

You've faced some tough times in the past. Take advantage of those challenges! You've had some good times, too. Repeat them in the future. Your past is the key to your future. Take what you've learned and leverage that experience going forward. It would be a shame to repeat your mistakes in the future.

You can have the best year of your life, but not if you fail to learn from your past experiences. Your results have lessons to teach. Are you paying attention?

Find a Job in Recovery with this Useful Guide by June Lawrence

Living a life in recovery comes with many challenges, including finding job opportunities that allow you to focus on your needs. Fortunately, there are lots of options these days that weren't available just a few years ago, from legit work-at-home jobs to businesses that offer flexible hours so you can take care of your family and other responsibilities. You can even start your own business, which is easier than you might think. Take a look at the various resources available to you—both job and recovery-related—and create a plan for your next move. You can start with [Life Recovery Services](#), which offers support and programs for individuals in recovery who are living in Oklahoma. Then, think about what kind of work you're best suited for and use this guide to get started.

Assess your skills

Starting a new job requires an assessment of your skills so that you can figure out what you're best suited for. Whether you want to work in retail, find a corporate job, or start a business, think about your current needs as well as your experience level, and don't forget to [consider](#) your soft skills. These are traits that are often overlooked during a job search but are actually important for any resume and can include being able to work under pressure, thinking on your feet, solving problems, and having a positive attitude. Don't forget to think about what type of job will allow you to focus on your recovery as you move forward, taking into account what your stress and responsibility levels will be.

Prepare yourself for interviews

Once you've thought about the types of jobs you're interested in, utilize online [platforms](#) to search for openings in your area. Include work-from-home jobs in your search, but learn what to [look for](#) when it comes to ensuring the listings are legitimate. Once you've found a few places you can apply to, prepare your resume and consider asking a friend to help you perform a mock interview so you can [practice](#) both asking and answering pertinent questions. This can reduce your anxiety and allow you to focus on presenting yourself professionally in order to get the job you want.

Consider a side gig

If you're just looking for something temporary or want to make some extra cash while going back to school or focusing on your recovery needs, consider taking a side gig that you can do from home. There are lots of platforms online these days that allow anyone to make money [reselling](#) clothes and accessories, or you might use your skills to offer music lessons or become a virtual assistant. You can even look for an opening on a [site](#) that matches pet owners with responsible caregivers and snag a job working with animals all day. These gigs are perfect for those who need something flexible and short-lived, but you can keep the job for as long as you need to.

Start your own business

Working a side gig isn't the only job that's flexible and allows you to provide a service. According to [Zenbusiness](#), you can start your own business with little to no capital and offer your talents to become a tutor, makeup artist, birth coach, or consultant in a field you're experienced with. Utilize some online resources to make sure you have all the legal paperwork taken care of and to [advertise](#) your services, including social media.

Finding the right job as an individual in recovery can be a stressful process without a good plan, so think about your needs before getting started. Look for support from friends, family, and local organizations as you move forward to ensure that you're able to remain committed to your goals.

Reach out to [Life Recovery Services](#) today for counseling or medication services.

Visit June's website [Recovery Island](#) for more great materials.

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 members who speak English, Spanish, Portuguese, and Vietnamese.

We offer urine testing, pre-marital counseling, wedding officiating services, parenting, 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.



Have you visited our website lately?



WWW.OKLIFERECOVERY.ORG

2022 Goals

by *Melinda Ricci, CMT DD*

As the New Year is here, make goals, not resolutions. Research shows that a whopping 80% of New Year's resolutions fail within the month (according to Forbes). Avoid this trap by setting goals that are specific, measurable, and time-bound.

- | | |
|--|--|
| <input type="checkbox"/> Start a journal | <input type="checkbox"/> Give more compliments |
| <input type="checkbox"/> Put your bills on auto-pay | <input type="checkbox"/> Clean out your closet |
| <input type="checkbox"/> Take a social media break | <input type="checkbox"/> Do something creative |
| <input type="checkbox"/> Think about what you truly want in life | <input type="checkbox"/> Create a spending plan |
| <input type="checkbox"/> Check your bank account daily | <input type="checkbox"/> Read more, scroll less |
| <input type="checkbox"/> Make time to catch up with family and friends | <input type="checkbox"/> Drink more water |
| <input type="checkbox"/> Don't let your laundry build up | <input type="checkbox"/> Upgrade |
| <input type="checkbox"/> Send a Nice card to someone | <input type="checkbox"/> Practice saying "NO" |
| <input type="checkbox"/> Be more mindful about your health | <input type="checkbox"/> Commit to a cleaning schedule |
| <input type="checkbox"/> Book your doctor's and dentist appointments for the year. | <input type="checkbox"/> Join a gym |

I hope this list of goals inspires you to be who you truly are in 2022. Set the right goals and reach them; but stay true to yourself for the best year yet.

Staff Spotlight

Judith Young, RN, PRSS Peer Recovery Support Specialist

- Mom of 5 beautiful children
- Wife of 21 years
- Holistic Registered Nurse
- Loves books, DIY, nature, community gardening, slow food, and keeping a positive outlook



January 27, 2022

Confronting Transference and Countertransference

To enroll contact:

[Origins Behavioral Health](#)

2022 Schedule of Office Closures

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

January 1, 2022
New Year's Day

January 17, 2022
Martin Luther King Jr. Day

May 30, 2022
Memorial Day

July 4, 2022
Independence Day

September 5, 2022
Labor Day

October 10, 2022
Indigenous Peoples Day

November 1, 2022
Veterans Day

November 24, 2022
Thanksgiving

December 24 -25, 2022
Christmas

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

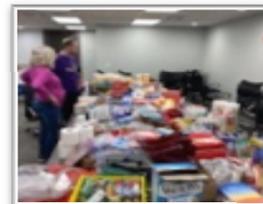
Did You Know?

Nearly 950 people receive our newsletter on a monthly basis!

Agency Outreach



In December, we partnered with Your Key to Change and 3 classes within the Substance Abuse Program at the University of Central Oklahoma to provide holiday gifts to Senior Citizens who reside in assisted living locations. Approximately 15 people donated their time, money, supplies, etc. to put together 40 baskets/bags with household items, personal care items, food, candy, winter attire, books, games, etc. Everyone met together to play games and fellowshiped with food.



Service Spotlight

Weddings

- A wedding is a ceremony where two people are united in marriage.
- Most wedding ceremonies involve an exchange of marriage vows by a couple, the presentation of a gift (offering, rings, symbolic item, flowers, money, dress), and a public proclamation of marriage.
- Music, poetry, prayers, or readings are also commonly incorporated into the ceremony.
- We have staff members who can help plan and perform your ceremony. From simple to ornate, we can do it.



Coconut Chicken with Pickled Pepper Collards

Ingredients

Coconut Chicken

- ▽ 2 cups buttermilk
- ▽ $\frac{3}{4}$ cup unsweetened coconut milk
- ▽ 2 garlic cloves, minced
- ▽ 8 thin chicken cutlets (1 $\frac{3}{4}$ pounds)
- ▽ 3 cups panko (6 ounces)
- ▽ 3 tablespoons unsweetened shredded coconut
- ▽ Salt
- ▽ Freshly ground pepper
- ▽ Canola oil, for frying

Collards

- ▽ 3 tablespoons extra-virgin olive
- ▽ 2 large garlic cloves, halved
- ▽ 2 pounds young collard greens—stems and inner ribs removed, leaves thinly sliced
- ▽ 1 cup chicken stock
- ▽ Salt
- ▽ Freshly ground pepper

Directions

Make the Coconut Chicken

- ▽ In a large bowl, combine the buttermilk, coconut milk and garlic. Add the chicken and refrigerate for at least 2 hours and up to 4 hours.
- ▽ In a shallow bowl, combine the *panko* and coconut; season with salt and pepper. Drain the chicken and season with salt and pepper. Dip the cutlets into the *panko*, pressing to help it adhere. Refrigerate for 10 minutes.

Make the Collards

- ▽ Heat the olive oil in a large skillet. Add the garlic and cook over moderate heat until golden, 2 minutes. Add the collards and cook, stirring, until wilted, 2 minutes. Add the stock and season with salt and pepper. Cook, stirring, until the liquid is nearly evaporated and the collards are tender, about 8 minutes. Discard the garlic and stir in the sliced jalapeños; keep warm.
- ▽ In a large nonstick skillet, heat $\frac{1}{2}$ inch of canola oil until shimmering. Working in batches, fry the chicken over moderately high heat, turning once, until crispy, 6 minutes. Drain on paper towels and season with salt. Serve with the collards.



Janna Sharp
1/3

Dr. Linda Ramer
1/18

Roland Rance
1/23