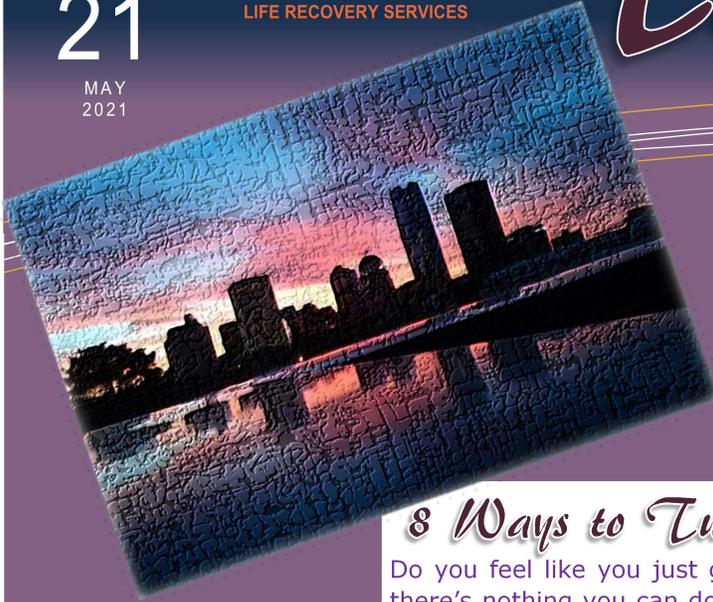


ISSUE
21

MAY
2021

THE MONTHLY
JOURNAL OF
LIFE RECOVERY SERVICES

The Phoenix



In this issue...

- 8 Ways to Turn a Bad Day Around P.1
- Scallops with Citrusy Corn Succotash Recipe P.2
- Coping with Stressful Changes in Your Life P.3
- A Letter from Your Disease P.4

8 Ways to Turn a Bad Day Around

Do you feel like you just got up on the wrong side of the bed today? Are you thinking that there's nothing you can do about it and that the rest of the day is going to be unpleasant as well? Yes, some days are like that. But take heart! **Luckily, there are things you can do to turn your bad day around!**

Try these strategies to transform your day:

1. **Decide what it would take to have a good day.** Once you realize that you're having a bad day, take a time out. Make a list of what needs to happen over the course of the remainder of the day for you to consider it to be a good day.
 - What do you need to accomplish at work or around the house? Would it be a good day if you met a friend for dinner? What if you just finished your report at work and hit the gym?
 - Set some criteria for making your bad day a good day and make it happen.
2. **Focus on yourself for 30 minutes.** Give yourself your full attention for 30 minutes. You could go for a walk, read a book, watch the birds, or whatever else will allow you to catch your breath and reset. Forget your worries for just half an hour and do something that you enjoy.
3. **Take a shower.** A shower can change everything. The hot water hitting your skin has a way of resetting your brain and your perspective. A cold shower will certainly snap you out of a bad day. Ten minutes in a hot or cold shower can do wonders.
4. **Take a nap.** There are days that can only be helped by a nap. Shut the door and give yourself a short nap. Of course, you're free to take a long nap if you have time.
5. **List 5 things that make you feel grateful.** A bad day leads you to focus on everything that seems to be working against you. Expressing a little gratitude will put your attention on everything that is right in your life. List five things that make you feel grateful and see if that helps.
6. **Exercise.** Breathing heavy and sweating create a change in your biochemistry and reduce the negative energy in your body.
7. **Do something nice for someone.** Maybe you'll feel better about your day if you do something for someone else. Take your attention off yourself and your bad day and put it on another person for a few minutes. Your kindness will please you as well as the one you're being kind to.
8. **Ask for a hug.** Most people are happy to give a hug if you just ask for one. There are some days that just require a hug. Hug your dog or cat if you don't have a human option.

Just because your day started out badly doesn't mean that it has to end that way. Try these tips to turn your bad day into a day that pleases you. You'll be glad you did!

Administrative Office Hours

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

Saturdays
10:00am - Noon



5113 SE 15th Suite A
Del City, OK 73115
405-600-3252 (P)
405-601-8180 (F)
www.OKLifeRecovery.org

Scallops with Citrusy Corn Succotash

Ingredients

- 16 large sea scallops (about 1½ lb or 680g)
- Kosher salt
- 2 tablespoons olive oil
- 2 garlic cloves, smashed and peeled
- 2 teaspoons grated lime zest plus 2 tablespoons fresh lime juice
- 3 tablespoons unsalted butter
- Kernels from 2 ears of corn
- 1 cup (170g) cherry tomatoes, sliced
- 3 tablespoons chopped fresh chives

Instructions

- ❖ Rinse the scallops under cold water. Pat dry with paper towels until they are completely dry. Season both sides of the scallops with salt.
- ❖ In a large skillet over low heat, heat the oil and garlic. Sauté until the garlic is browned and fragrant, about 2 minutes, then use a slotted spoon to remove it.
- ❖ Increase the heat to medium-high. When the skillet is very hot and the oil is shimmering, add the scallops, making sure not to overcrowd the skillet. Sear the scallops until they develop a golden crust, about 2 minutes, then flip and sear until they are barely opaque, about 2 minutes more. Transfer to a paper towel-lined plate.
- ❖ Wipe out any burned areas on the pan, then return it to medium-high heat. Add 1 tablespoon of the lime juice and 2 tablespoons water to the pan and cook, scraping up any browned bits. Add the butter, corn, tomatoes, lime zest and a generous pinch of salt. Cook until the tomatoes give off their juices and the sauce thickens, about 4 minutes. Stir in the chives. Taste, adding more salt and lime juice if necessary. Spoon a generous helping of the corn succotash onto individual plates, top with the scallops and serve.



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

StarDavana Howell, MS, LADC Candidate, CM II Therapist

- Loves spending time with her children
- Graduated from the University of Central Oklahoma with a Bachelors in Science, a Masters in Family & Child Studies, and a Masters in Substance Abuse
- Favorite color is purple
- Taught 7th & 8th grade Science for 3 years at Western Heights Middle School
- Enjoys showing her Alapaha Blue Blood Bulldogs



Kirsten Lee
5/15

Coping with Stressful Changes in Your Life

Life is constantly changing around us, in us, through us, and about us. It's inevitable that there are going to be changes throughout life. Some will be good, some bad, and some indifferent. Some you like, some you hate, and some just don't matter. Obviously the changes you like are easy to deal with and you might even look forward to it! What about the changes in life that aren't so peachy? How do you handle those?

Let's explore some of these common changes and the best ways to cope with them.

Job Loss

Job loss is on the forefront of almost every American's mind right now as the economy declines more and more each day. This type of change can be very stressful, if you allow it to be. However, by looking at the situation differently, job loss doesn't have to be stressful. When you're faced with job loss, try to think of it as a new opportunity to try something new or something you've always wanted to do.

Some ideas are:

- Take some evening classes to learn a new skill or trade.
- Make arts, crafts, or jewelry and sell it online or at craft fairs.
- Teach others what you know through tutoring or consulting.
- Start an online business.

The point is to take a step out of your comfort zone and see the many opportunities that lie before you. Stepping out of your comfort zone isn't easy though, is it? It does take effort and courage. When you're stuck in your comfort zone, well, you're just that - *stuck*. Who wants to be stuck? I don't and I would venture to say that neither do you!

To get unstuck, take a step out of your comfort zone and look at other possibilities, instead of stressing over the changes that lie ahead.

Moving

How about moving or transferring to another area? That can be a pretty big change that could cause a lot of stress. The best way to cope with this situation is to look at it as a time to refresh and renew. I know this can be difficult sometimes, especially when you love the area you live in now. And, of course, you'll miss all your friends, family, and familiar sites.

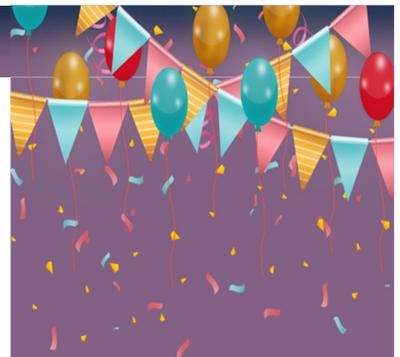
Moving away from people you love can be very stressful and difficult, but it doesn't have to be! You can look at the big move as an opportunity to stretch your horizons and meet new people. Your friends and family will still be there, and you'll still be able to keep in touch with them on a regular basis. But you'll also grow roots in other places, and you just might build even stronger friendships and relationships than you've ever imagined!

Focus on the New Opportunities

There are always positive ways to look at things and when you train your minds to look at change as opportunity, instead of stressing out about it, you'll be happier and healthier. Here are a couple of other common life changes that tend to be stressful, but can be seen as an exciting, new opportunity:

- **Unexpected Pregnancy** - An unexpected pregnancy obviously can cause stress financially, emotionally, physically and mentally. However, it's a wonderful opportunity! An opportunity to love a child and to give life. A new opportunity to make some lifestyle changes or to give life to someone who can't have children of their own through adoption, and so much more!
- **Children Growing Up** - A child going off to college or moving away from home is a huge change that many find difficult to deal with. Once again, look at the opportunities available not only to you, but for your son or daughter as well. Maybe you'll be able to downsize your home, saving you hundreds of dollars each month. Or perhaps your bond with your partner and friends will grow and strengthen during this time. Not to mention the growth and experience your child is going to gain as they grow and mature out in the world on their own.

How you choose to handle a situation will determine how much stress you're going to allow on yourself. You can either look at it as a new opportunity or a dreadful scenario. The choice is yours. But the sooner you begin to look at life changes as new opportunities, the sooner you'll enjoy a less-stressed life!



Happy
Employment
Anniversary!

Shelley Evans
5/15/16

Shanae Stoner
5/24/18



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

To enroll contact:
Life Recovery Services

Service Spotlight

Urine screens are the most common method of drug testing. They are painless, easy, quick, and cost-effective.

The analysis can determine whether a person has used both illegal and prescription drugs in the past few days or weeks, even after the effects of the drugs have worn off.



\$15.00 Quick Test
\$40.00 Lab Test

Drug Testing

A Letter from Your Disease by Sierra (6/27/2010)

"Hello fellow addicts I am your disease,
I will never let you sleep or put your mind at ease;

I will always be here no matter where you go,
I am smarter than you and I am in control;

Family, friends, and loved ones they won't matter anymore,
I'll take everything you got and still want something more;

I was there for you in the good times but mostly in the bad,
I've made you feel so happy but in the end you were always sad;

You will lie to everyone and say that I ain't real,
but if that's the case why can't you put down that pill;

I come in many forms, and shapes, and size,
Then following comes denial, deceit, and lies;

I will turn you from everyone that tries to take you from me,
Together we will spend all eternity;

I'll embrace you in my arms and I'll never set you free,
Spend our life together won't that make you happy;

Don't let those people tell you what I am all about,
Cause then you'll find a way; a way to kick me out;

Well here I go now I'll just be on my way
but not for too much longer cause I still have much to say;

So when you think I'm gone and you can finally be at ease,
Just remember this, I will always be your disease."

Have you missed a
previous newsletter?

Visit our website to read
them.

www.OKLifeRecovery.org