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Administrative Office Hours

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

Saturdays
10:00am - Noon



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Benefits of Gratitude

Showing your gratitude can be a great way to spread positive feelings in the world around you. When you think about it, **reaching your goals starts with a single positive thought.**

How do you feel when someone sincerely expresses his or her gratitude to you for something you did? Doesn't it make you feel good about yourself? These positive feelings can lift you up, boost your enthusiasm, and motivate you to achieve even more.

Feeling grateful for what you have can produce the same good feelings and sustain your drive toward your goals.

This shows how **gratitude can have some seriously positive snowball effects.**

Here are some of the benefits of gratitude:

1. **Reaching your goals.** When you feel grateful, it tends to be a lasting and selfless feeling. It's much more than just a momentary burst of positive energy; **it has staying power** that will provide a great boost for you to reach your goals.
 - When you express your gratitude to others, ensure that you're open and expressive. People don't know what you're thinking; hearing it can make all the difference.
2. **Strengthened relationships.** There are many ways you can express your gratitude to your loved ones, including saying, "Thank you," writing a letter, or giving them a thoughtful gift. When you learn to avoid taking your loved ones for granted, you'll have a long lasting and loving relationship.
 - Showing gratitude is a two way street. **Learn how to effectively express your gratitude and, just as importantly, to receive it as well.**
3. **Improved communication.** Gratitude can mean better communication all around. By expressing your gratitude to strangers, they'll be more likely to show an interest in helping you, too.
 - Gratitude is such a powerful entity that it can even help you communicate with your pets! They should be appreciated too.
4. **More effective constructive criticism.** No matter how we express constructive criticism, it often makes the recipient defensive or even angry. No one likes a blow to the ego. In this situation, a grateful attitude can take you a long way. You can express criticism quite effectively when you also **emphasize what you appreciate about them.**
5. **Preserving memories.** You can preserve memories in a positive way when you keep a gratitude journal. You'll be able to enjoy your memories again and again when you read about these happy times in the future.

Showing gratitude to others may seem like a selfless act, but it's something that you also benefit from. **When you show your gratitude every day, you change the way you think.**

Sheet Pan Chicken with Apples, Sweet Potatoes, and Brussels Sprouts

Ingredients

- 4 boneless skinless chicken breasts, *trimmed of excess fat and lightly pounded to a relatively even thickness*
- 3 tablespoons extra-virgin olive oil *divided*
- 4 cloves garlic *minced*
- 2 tablespoons chopped fresh rosemary *divided*
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt *divided*
- 1/2 teaspoon black pepper *divided*
- 4 cups Brussels sprouts *trimmed and halved (quarter if very large), about 1 pound*
- 1 large sweet potato *peeled and cut into 1/2-inch cubes*
- 1 medium red onion *cut into 3/4-inch pieces*
- 1 medium Granny smith apple *peeled, cored, and cut into rough 1-inch pieces (these pieces should be larger than the other vegetables)*



Instructions

- Preheat the oven to 425 degrees F.
- Place the chicken breasts in a large zip-top bag. Drizzle with 1 1/2 tablespoons olive oil, then add the garlic, 1 tablespoon rosemary, cinnamon, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Zip the bag tightly, then shake and rub the bag to coat the chicken in the oil and spices. Set aside while you chop the vegetables and apples, or refrigerate for up to 1 day.
- Once chopped, place the Brussels sprouts, sweet potato, onion, and apple on a large, rimmed baking sheet. Drizzle with the remaining 1 1/2 tablespoons olive oil, then sprinkle with remaining 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper. Toss to evenly coat, then spread into an even layer.
- Remove the chicken from the marinade and place on top of the apple and vegetables. Place in the oven and roast until the chicken is cooked through and the internal temperature reaches 160 to 165 degrees F, about 18 to 22 minutes, or until done. Once the chicken is cooked through, remove to a plate to rest and cover with foil to keep warm. Toss the apple and vegetables on the pan, then return the pan to the oven and continue baking until caramelized and tender, about 10 to 15 additional minutes. Sprinkle with the remaining 1 tablespoon fresh rosemary. Serve warm with the rested chicken.

Notes

- Yes! You can add bacon. Cut 4 thick-cut bacon slices into 1-inch strips and scatter over the top of the chicken prior to baking. Leave on the pan to cook with the veggies after the chicken is removed.



Happy
Employment
Anniversary!

Shariff El-Assi
11/16/17

Dr. Linda Ramer
11/19/19



Rebecca Williams
11/10

Taking Time to Reflect on What You Have

If you ever get caught up in the hustle and bustle of life, you know how out of touch you can get with the things that really matter. ***But you actually have plenty of things to be grateful for, regardless of the circumstances in which you may find yourself.***

Each person has their own unique list of things that bring simple pleasure, feelings of pure joy, or just a sense of comfort each day.

You can be grateful for physical blessings like where you live, the climate you reside in, or even your residence. You might be thankful about certain people being in your life. This may include your kids, your grandma or your best friend.

The most important function of thankfulness is that it allows you to open your heart, mind, and soul to goodness, gratitude, and light.

If you're unsure how to consciously cultivate gratitude, consider these suggestions:

1. **Take five.** Allow yourself five minutes each morning to experience thankfulness. Take these moments to simply think about the past day. Say to yourself, "One thing I'm thankful for is ____." Fill in the blank with something you noticed from the last 24 hours. Think on it for a minute or so. Smile about it. Then go on with your morning.
2. **Appreciate your world openly. Share your gratitude with others.** For example, if you're chatting on the phone with a friend, you could say something like, "I am so glad that I painted the living room that beautiful light teal color. The sunlight reflects on it so nicely."
3. **Notice the small stuff.** Promise yourself you won't take little things for granted. Because life becomes crowded with people, tasks, and objects, you may feel challenged to notice small bits of wonder in your day. But if you put your mind to it, you'll be astounded at what you see.
 - **Open your eyes to the wonders all around you. They won't cost a dime.** A sunset, a warm cup of tea, or an ice-cold glass of water when you get home from work can be great reasons to feel gratitude. The smell of honeysuckle as you walk by the vine or your daughter's impish smiles are still more things that might remind you of your blessings.
4. **Learn to turn your thoughts around.** When you discover you're thinking negative thoughts, imagine a big stop sign and say, "Stop" out loud. Then, replace the stop sign with an image of something around you that you're grateful for right at that moment. Think about that object, experience, person, or situation and bask in your positive experience.
5. **Keep a gratitude journal.** If you find you're having difficulty remembering to notice the things that stir your inner thankfulness, perhaps starting a gratitude journal would help. A journal is a tangible visual aid that will trigger you to think about what you're grateful for.
 - Try just putting the date on the page and jotting down what you're grateful for at that time. You can write as much or as little as you wish. Place your journal in a spot where you'll see it frequently, like on the dining room table, the kitchen counter, or near your favorite chair. This way, you'll be prompted to experience your gratitude more often.

Being grateful is truly one of the things that makes life worth living!

Each time you consciously decide to experience your thankfulness, you'll feel all warm and fuzzy inside. Open your eyes and mind to the people, places, things, and experiences you're grateful for. You'll feel so much better about your life.

2020 Schedule of Office Closures

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

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.

Have you missed a previous newsletter?

Visit our website to read them.

www.OKLifeRecovery.org