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Administrative Office Hours

*Mondays - Fridays
6:00am – 6:00pm*

*Saturdays
10:00am – Noon*



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Reacting Versus Responding to Life's Challenges

There are a lot of people that react to any kind of obstacle, setback, or challenge. Reactions are reflexive, ego-driven, and only consider the short-term outcome. Reactions make you feel better, but don't resolve an issue effectively. Responding is different. It's intelligent, practical, and considers the long-term implications of that course of action. People that react struggle and are known for making impulsive decisions. Those that respond have fewer struggles in life. As it turns out, the biggest hassles in life are usually of your own making.

Let's consider an example that highlights the differences between reacting and responding: *Imagine that you have a horrible boss. Today at work, he berates you for something that isn't your fault. He calls you a mean name. He says that you're a worthless employee. You leave work enraged and convinced that you can't take it anymore. Reacting to this situation might entail quitting in a blaze of glory. You march in the next day and tell him exactly what you think of him. You might even spit in his eye, stomp on his foot, and shove your resignation letter into his mouth. However, when you get home, you realize that the job market is tight, you have no savings, and no employment prospects.*

Responding to this situation might look something like this: You determine that you need to find another job. You work on your resume. You put out feelers to everyone you know that have or know of a position that's suitable for you. You get in touch with a recruiter and let them know that you're looking. You also cut back on your expenses and save some money just in case you lose your job.

One of these options is short-sighted and risky. The other is thoughtful and logical. One is likely to end in misery, while the other is likely to end in success. How can you strengthen your odds of success when challenges arise?

Following this process will help you to respond rather than react:

1. **Steady yourself.** It's hard to be intelligent, logical, and practical when your emotions are high. Never make an important decision when you're not cool, calm and collected. Take the time you need. Mull it over. Consider your options.
2. **Identify the problem.** What is the issue that you need to resolve? Think about what you want to change. Avoid changing a bunch of other things that may have a negative impact on your life. In the example above, you'd get away from your boss, but drastically change your income, too.
3. **Be clear on the outcome you desire.** It's just as important to consider the outcome you desire. You might hate your job, but you don't just want to get away from it. You'll want a good landing place, too.
4. **Make an intelligent plan.** Create a plan that resolves your issue and gives you the outcome you desire. Reacting only removes the initial problem. It doesn't provide a great outcome. A good plan does both.
5. **Execute that plan.** Use your plan. There are a lot of people that are great at making plans, but never execute them. You don't want to be one of those people. Put your plan to the test and see what happens.

If you're someone that reacts to the challenges in your life, you already know the additional challenges it can bring. It's the perfect example of "out of the frying pan and into the fire." Avoid making decisions when you're upset. Calm yourself first. Then make an intelligent decision that will remove that challenge from your life in a way that leaves you better than you started. Life is much easier this way.

Mushroom Stroganoff

Ingredients

- 8 oz extra-wide egg noodles
- 2 TBSP olive oil or unsalted butter (divided in half)
- 2 cups diced yellow onion
- 12-16 oz fresh Portobello mushrooms
- 3 cloves garlic, minced
- 1/4-1/2 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 TBSP soy sauce
- 2 TBSP all-purpose flour
- 1/4 cup vegetable broth
- 1/4 cup heavy cream
- 2 TBSP sour cream
- 2 TBSP chopped chives for topping
- additional salt and pepper to taste
- 2-3 TBSP grated parmesan or mozzarella cheese for topping
- 2-3 TBSP crushed crackers or breadcrumbs for tasty texture on top
- 1/4 tsp crushed red pepper flakes



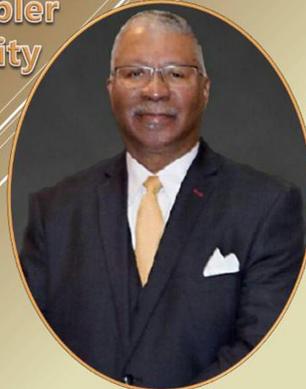
Instructions

1. Bring a large pot of water to a boil and cook egg noodles according to package directions, approx. 8-10 minutes. While you wait, measure out all the ingredients above and start the veggies.
2. In a large pot or high-sided pan, heat a tablespoon of olive oil or butter over medium-high heat. Once it's hot, add the onion and cook for 4 minutes, then add your mushrooms. Sauté for an additional 4-5 minutes, or until mushrooms are browned and tender.
3. Reduce heat to medium, then add the remaining oil/butter to the pan along with garlic and spices (thyme, salt, and pepper). Sauté garlic for about 30 seconds until fragrant.
4. Add soy sauce. Whisk together and, once hot, whisk in your flour. The mixture will start to clump and thicken, then you'll add your veggie broth and heavy cream.
5. Stir it all up then fold in your pasta and sour cream.
6. Garnish with chives and any extras your heart desires. Dig in while it's hot!

Staff Spotlight

Ernest Jackson, Jr., LADC Candidate Therapist

- Favorite colors are burgundy & blue
- Favorite foods are fried fish & peach cobbler
- Education: B.S. in Sociology (Oklahoma City University); M.Div. (Southern Methodist University, Perkins School of Theology)
- Has pastored for 45 years
- Loves to go fishing
- Married 41 years
- Has 5 children & 8 grandchildren



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, Portuguese, 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.



Judith Young
10/6

Grounding Yourself when Overwhelmed

The world is a busy place with lots of distractions. This makes it very easy to feel overwhelmed on a regular basis. Once you feel overwhelmed it's not easy to move yourself to a better mental space without the knowledge of how to do so. However, learning to deal with overstimulation and anxiety is a skill that you can learn and develop. With enough practice, you can quickly get yourself back on track from any negative emotional state.

Know how to ground yourself under any circumstances! Follow these strategies:

- 1. Hold something in your hand.** If you're feeling overwhelmed, pick up an object. The more interesting the object, the better it will work for this exercise. Nearly anything will work: A pen, a flashlight, saltshaker, a paper weight, even a shoe are all fine.
 - Hold the object in your hand and focus on the texture. Avoid looking at the object. Just feel it in your hand.
 - Move the object around in your hand and imagine the shape of the object as you're feeling it. Try to form a mental picture based on what you're feeling.
 - Describe the texture and shape to yourself.
- 2. 5-4-3-2-1.** This is another technique that forces you to focus on your senses. But this time you're going to use all of them.
 - Look around your environment and describe something you see. You can do this aloud if you like. Describe its physical appearance in detail for 10-15 seconds. Repeat this until you have described 5 items.
 - Now, describe 4 things you feel. This can be an object in your vicinity. It can also be a physical sensation, such as the chair beneath you, the temperature of the air on your skin, or your itchy nose.
 - Next, describe 3 things you can hear. You might have to close your eyes and really concentrate, but you can always find at least three sounds in your environment if you try.
 - What are 2 things you can smell? Pick something up and smell it if necessary.
 - What does your mouth taste like right now? Have a drink if necessary.
- 3. Call a trusted friend.** One of the best ways to deal with feeling overwhelmed is to reach out to a friend and have a chat. You don't want to call that friend that always seems to complain about everything. Call an upbeat friend that knows how to make you feel better.
- 4. Focus on your breath.** Feel the air go in and out of your body. You can only think about one thing at a time. If your attention is on your breath, it can't be on whatever is making you feel overwhelmed.
- 5. Distract yourself.** If all else fails, distract yourself in a non-harmful way. Play a quick game on your phone. Read a few pages of a book. Watch a video of a squirrel snow skiing. Dance around the room. Do whatever it takes without harming yourself.
 - Avoid using food, drugs, alcohol, and tobacco as distractions. Also, be aware of how much time you're spending on your distractions.

Ideally, you'll use these grounding techniques before your feeling of overwhelm is at a high level. Ground yourself as soon as you feel your emotions starting to head south. It's easier to stop a moving train while it's still moving slowly. Practice these techniques and be patient. This is a real skill. Focusing your attention purposefully isn't an easy skill to master, but it's well worth the time and energy.



Happy Employment Anniversary!

Kirsten Lee
10/12/16

Janna Sharp
10/5/20



Integrating Problem Gambling into Substance Use Disorder & Mental Health Treatment

To enroll contact:
University of Maryland School of Medicine 3C Institute

Basics of Pharmacology & Opioids

To enroll contact:
www.PTTCNetwork.org

Supporting Recovery with Medications for Addiction Treatment

To enroll contact:
www.ATTCNetwork.org

Agency Outreach

Our agency participated in Prevention & Recovery in the Park for an Outreach Event to the Greater OKC area.



SUPAOKC1
SUPAOKC
OCARTAOKC

#ENDOVERDOSE
#RECOVERYISPOSSIBLE
#OPIOIDAWARENESS

RESCHEDULED! PREVENTION & RECOVERY IN THE PARK

TIME TO REMEMBER. TIME TO ACT.

JOIN US IN CELEBRATING RECOVERY, REMEMBERING THOSE WE HAVE LOST AND SPREADING HOPE

- CONNECT WITH LOCAL RESOURCES
- FREE NALOXONE, MEDS DISPOSAL BAGS & LOCK BAGS
- GREAT SPEAKERS
- FOOD TRUCKS & KONA ICE ON SITE
- MEDICATION TAKE BACK

**NEW DATE: SEPTEMBER 11TH |
6:30 - 8:30 PM**

SCISSORTAIL PARK, ROBINSON LAWN

[REGISTER HERE](#)

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Donations are tax deductible!



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www.OKLifeRecovery.org