

ISSUE  
**25**  
SEPT  
2021

THE MONTHLY  
JOURNAL OF  
LIFE RECOVERY SERVICES

# The Phoenix



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## Using Affirmations

Affirmations can be a simple way to address your fears and make progress in a non-threatening way. Affirmations are just positive statements that you make to yourself that have the potential to change the way you think and behave. Affirmations seem simple on the surface, but there are several details that must be understood in order to use them effectively.

See how you can use affirmations as a useful tool in overcoming fears:

1. **Keep affirmations positive.** Affirmations work better if they're positive rather than negative. For example:
  - "I am not afraid of heights" isn't as effective as "I find heights exhilarating".
  - Your brain has a better understanding of what you're trying to accomplish if your affirmations are stated in the affirmative.
  - Negative statements seem to confuse the part of your brain that you're trying to reach. You might end up with more of what you're trying to avoid!
2. **Use the present tense.** It's also important to keep your statements in the present tense. The affirmation "I will be brave around women" is stated in the future. If this affirmation actually came true, you'd never be brave around women because this is a character trait that you plan to have in the future!
  - "I am courageous when speaking to women" is a more effective affirmation.
3. **Avoid using too many.** Repeating 150 affirmations means that you can't repeat them too often or you'd never do anything else. Too many affirmations also scatter your attention over too many items. Five to ten affirmations are about right.
4. **Use them regularly.** Repeat your affirmations a few times each day. Preferably at least three times if you're serious. That's three times every single day. It's only a few minutes each time. You have time for that.
5. **Make your own.** There are endless lists of affirmations but be choosy. Find affirmations that appeal to you or make your own. The most effective affirmations are the ones that you create but look at the affirmations of others for ideas.
6. **The best affirmations elicit an emotion.** Every affirmation you choose to use should make you feel something when you repeat it. Affirmations with an emotional jolt are more effective.
  - We like to think we're logical, but we really aren't. If we were actually driven by logic, we'd never overeat, skip the gym, or procrastinate. Logic only shows us what we should do, but often fail to do.
7. **Visualize.** Have an image in your mind that represents your affirmation. It might be you eating a healthy meal, meeting the person of your dreams, or fearlessly giving a speech. If you can't imagine it, you can't accomplish it.
8. **Make use of the time just after waking up and just before falling asleep.** The two best times to repeat affirmations is right when you wake up and right before you fall asleep. You're in that dreamy, half-awake state. It's like you have a direct connection to your subconscious.

Affirmations are a free, easy, and effective tool that can help you to rise above your fears. If you have fears, and who doesn't, add affirmations to your toolbox. Affirmations can be useful in getting over the hump to the point where you can take action. That's all you really need. You don't need to be fearless. The fear just needs to be reduced enough that you're able to pull the trigger. Begin by making a list of affirmations today. Give them a try for 30 days and decide for yourself if they're worth your effort. You have nothing to lose!

## Administrative Office Hours

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

**Saturdays**  
10:00am – Noon



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405-600-3252 (P)  
405-601-8180 (F)  
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## Hash Brown Veggie Melt

### Ingredients

- ✓ 1 cup Idaho Potatoes, cooked and shredded
- ✓ 2 slices potato-chive bread or hearty Italian bread
- ✓ 1 Tbsp. Parmesan-garlic spread (made with margarine or butter, finely minced garlic and shredded cheese)
- ✓ ¼ cup shredded cheese blend (any combination of Colby, Mozzarella, Monterey Jack or Provolone)
- ✓ ¼ cup green bell pepper, diced
- ✓ ¼ cup mushrooms, sliced
- ✓ ¼ cup tomato, diced
- ✓ as needed, vegetable oil
- ✓ to taste, salt or seasoning salt
- ✓ to taste, freshly ground black pepper



### Instructions

1. Lightly oil a griddle top cooking surface. Add potatoes and cook for 4-5 minutes until golden brown. Turn the potatoes over, season with salt or seasoning salt and pepper, and continue cooking for another minute.
2. Using the sides of the bread that will face outward, spread both slices with the Parmesan-garlic spread. Grill on the cooking surface until golden brown. Top one of the slices of bread with shredded cheese, allowing it to melt. Cover, if necessary.
3. Place the green pepper, mushrooms and tomato on lightly oiled griddle top and sauté for a few minutes.
4. To assemble, place browned potatoes on the slice of bread without the cheese, add the cooked vegetables, then place the other slice of bread — melted cheese face-down — on top of the sandwich. Remove from the griddle, cut in half diagonally and serve immediately.

## Service Spotlight



Chaplains foster respect for the spiritual and emotional needs of clients, families, and staff. By compassionate service to people in chaotic or joyful times, chaplains attest to the sacredness of life. Chaplains are committed to providing effective ministry to people and their families who receive care as an aid to healing.

Pastoral visitation for clients and families offering emotional-faith support that can provide comfort and aids healing in both critical and non-critical situations.

Emergent pastoral counseling, grief and bereavement support, and prayer support as requested by clients and families.

Chaplains facilitate connection to religious/spiritual resources outside the facility such as the pastor, priest, minister, rabbi, imam or spiritual adviser of your choice.

Critical Incident Stress Management is provided in the community and as requested by communities of faith, civic leaders, and local businesses.

Chaplains partner with congregations to promote health in the congregation and larger community.

# Chaplain Services

## 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.*



*Pashen Bennett*

*9/2*

*Joie Laws*

*9/17*

# The Secret to Living with Social Anxiety

Do you often feel embarrassed, as though you're being watched and judged? Social anxiety affects about 7% of adults, and it's twice as common in women than in men. You may feel uncomfortable around others in general or in particular situations.

Common triggers include public speaking, eating, large crowds, and interacting with strangers. The condition usually develops early in life. You're likely to see the first symptoms when you're a child or in your 20s.

Both emotional and physical reactions are involved. Your mind may go blank and your heart rate may speed up. You may have trouble speaking and making eye contact, along with blushing and trembling.

Keep in mind that social anxiety is more than ordinary shyness. The symptoms are so intense that they disrupt your life or cause significant distress. However, the success rate is high if you seek appropriate care and work on your coping skills.

While some medical conditions are obvious for anyone to see, social anxiety is often invisible to others. That alone may help you to feel a little more at ease while you explore your options for managing your condition.

Try these tips to alleviate social anxiety:

1. **Consider therapy.** Cognitive behavioral therapy can play an important part in your recovery. You'll work with a counselor who can help you reframe your thoughts and try out new responses.
2. **Consider medication.** Your doctor may prescribe antidepressants such as Paxil and Zoloft. This could be in addition to other drugs if you're diagnosed with more than one disorder.
3. **Accept yourself.** There are steps you can take on your own too. You might find that your symptoms are less severe if you acknowledge your feelings instead of resisting them. Replace self-criticism with gentle and reassuring words.
4. **Avoid overthinking.** Do you replay conversations in your head and dwell on awkward moments? Let go of the past and focus on what you can do differently next time.
5. **Start small.** Each time you face your fears, you teach yourself that you're stronger than you think. Begin with minor challenges and work your way up.
6. **Engage in small talk.** Social anxiety can make it difficult to develop your communication skills. Take advantage of opportunities to boost your self-image and abilities by initiating pleasant conversations.
7. **Act confident.** Imagine what your life would be like if you had more faith in yourself. Just looking more poised can enhance your performance and win others over to your side.

Many coping strategies for general anxiety also work with social anxiety. In fact, up to 80% of patients are diagnosed with additional mental health disorders, including other types of anxiety, phobias, and depression.

Try these tips:

1. **Practice self-care.** Lower your stress levels and pay attention to your mental and physical health. Eat a balanced diet. Aim for 8 hours of sleep each night. Quit smoking and use alcohol and caffeine in moderation.
2. **Exercise regularly.** Physical activity is one of the most effective ways to relax safely. Treat yourself to a membership at a local gym or exercise studio. Spend time playing tennis or hiking outdoors.
3. **Breathe deeply.** For fast relief, learn calming breathing techniques. Put your hand on your stomach and chest, so you can slow down, and feel the air entering and leaving your body.
4. **Seek social support.** Ask your family and friends for help when you need it. You may also want to join a support group where you can share your experiences with others who are working to overcome anxiety issues.

Many experts believe that social anxiety has genetic and environmental causes often tied to difficult experiences in childhood. However, effective treatments are available that can help you change old patterns and lead a happier life.



## 22<sup>nd</sup> Annual ICRG Conference on Gambling & Addiction

To enroll contact:  
[www.icrg.org](http://www.icrg.org)

## Bloodborne Pathogens

To enroll contact:  
[Moore Norman Technology  
Center](http://www.moorenorman.edu)

## Integrating Problem Gambling into Substance Use Disorder & Mental Health Treatment

To enroll contact:  
[University of Maryland School of  
Medicine 3C Institute](http://www.um.edu)

# Agency Outreach

Have you missed a previous newsletter?

Visit our website to read them.

[www.OKLifeRecovery.org](http://www.OKLifeRecovery.org)



Our agency partnered with Scatter Kindness Foundation, Ebenezer Baptist Church, and the Urban League in August for 2 Back-to-School Outreach Events. We provided school supplies, clothing, and household items to families in need.

School supplies available to the first 25 students!

Trinity Place Apartments  
4312 VFW Dr.  
Del City, OK 73115  
Contact person: Bonnie Hess  
8/21/2021 10:00 a.m. – Noon

[www.EbenezerBaptistOKC.org](http://www.EbenezerBaptistOKC.org)  
[www.OKLifeRecovery.org](http://www.OKLifeRecovery.org)

Ebenezer Baptist Church

scatter kindness

Life Recovery Services

School supplies available to the first 25 students!

Nottingham Apartments  
2444 N. Nottingham Way  
Moore, OK 73160  
8/14/2021 10:00 a.m. – Noon

[www.EbenezerBaptistOKC.org](http://www.EbenezerBaptistOKC.org)  
[www.OKLifeRecovery.org](http://www.OKLifeRecovery.org)

Ebenezer Baptist Church

scatter kindness

Life Recovery Services

