



Stress, depression and the holidays

Act as if what you do makes a difference. It does.

William James

The way we live our days, is the way we live our lives.

Annie Dillard

If things start happening, don't worry, don't stew, just go right along and you'll start happening too.

Dr. Seuss

It is never too late to become what you might have been.

George Eliot

Every artist was once an amateur.

Ralph Waldo Emerson



By Mayo Clinic Staff

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach Out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
4. **Set aside differences.** Try to accept family members and

friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress as well.

5. **Stick to a budget.** Before you go gift shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with gifts.
6. **Plan ahead.** Set aside specific days for shopping, baking and visiting friends and other activities.
7. **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk or listen to music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
8. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Community Connections

Recovery Innovations extends heartfelt THANKS and APPRECIATION to the organizations that provide class locations, presentations, services and referrals.

Our connections with others, provides opportunities and environments that empower people to recover, to succeed in accomplishing their goals, and to reconnect with themselves, others and meaning and purpose in life.





WELLNESS CITY VOICE

New Fibromyalgia Class

Fibromyalgia has been called the "Invisible disease" but the millions of people who have fibro would never say it is invisible because it appears daily in their lives. The pain is there all the time, some days it is worse than others, especially whenever there is a weather change. Some of us who have had fibro for 15 to 20 years hurt almost daily; I was diagnosed over 21 years ago. I have had my good years and have had my bad years.

Fibromyalgia does spread throughout the body. When you are first diagnosed the doctors go by an eighteen point system to decide whether or not you have fibromyalgia syndrome. If you think you have fibro and the first doctor says no, then by all means get a second opinion since the day you see your doctor the fibromyalgia may not be acting up so of course you won't show any signs. Since I live with fibro I have had days where there has been no pain what so ever and then there have been days where I can't even get out of bed without the help of my husband.

Exercise is your best friend even when you are in pain, I am not talking about aerobics or a fast paced exercise routine. I am talking about yoga, Tia Chi, stretches, walking, chair exercises, or some light strength building exercises.

There are only two groups of people who understand what you are going through and that is your doctor and other people who suffer from either chronic pain syndrome, fibromyalgia, and RA. The people who suffer from constant pain will understand what you feel and what you think more so than even your family; that is why I started a fibromyalgia group that not only gives support but also teaches you about the syndrome so that you are informed.

Wellness City

1311 Health Drive New Bern, NC
252.672.8781

Class is every other Saturday

Beginning December 17, 2011

From 1:15–2:15 p.m.

See you there!

Bettylee M. Cohen

My Recovery Journey with Diabetes

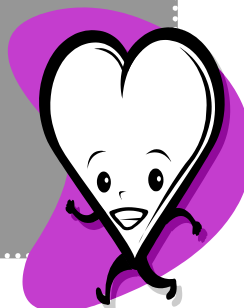
By: Stanton Shaw Jr.

In the year 2000, I was diagnosed with Type II diabetes. In dealing with this disease I have learned a lot about what it takes for me to be healthy. I am now watching my diet and increasing the intake of healthier food choices. I have also learned to drink more water, 8 to 10 glasses of water per day to be exact. I do use medication as a wellness tool for my recovery journey with diabetes. I take two insulin injections, two times each day. I continue to make life style choices that support my recovery process. I exercise daily by walking and participating in physical fitness activities with Hope Station Wellness City. I have blood sugar levels done daily, avoid drinking alcohol and smoking. I follow up with my overall health due to some of the side effects that diabetes can have such as decrease in vision. I learn with a few changes I can have a quality life and fight the battle against diabetes.



We'd like to welcome
Peter Sterrett as our Re-
gional Director.

We wish a
fond farewell
to Sarah Grey.
We'll miss you!



Wellness City of New Bern's Art class led by a guest facilitator, Mike McDonald from Vocational Rehab through their Volunteer in the Community Program, worked on a project that consisted of making pictures to put in a children's book. The compilation and publishing is still in progress and will be completed and posted online by Mike. The book will list Mike as the editor and those who participated in the project with pictures for the book will be acknowledged by first name

OBX Wellness City
115 W Meadowlark
Street
Kill Devil Hills, NC
27948
Recovery Education &
Peer Support

Education is the
catalyst for
transformation.

Peer support is a partner-
ship based on strengths
and coaching.
Come explore all you were
meant to be!

252-715-2244



Wellness City Outreach



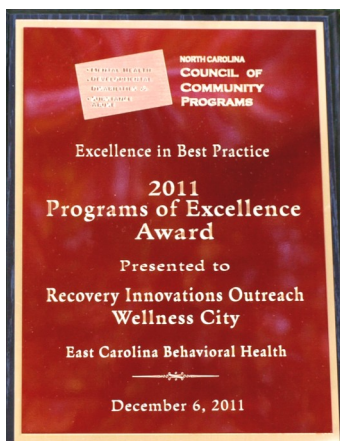
Excellence in Best Practices *East Carolina Behavioral Health* *Recovery Innovation Outreach Wellness City*

Outreach Wellness City is designed to provide the evidence based practice of wellness recovery action plan (WRAP) education and peer support opportunities for adults living in small towns and remote areas of Eastern North Carolina. Everything about coordinating WRAP classes and recovery education involves collaboration and person-centered planning!

For each of the 19 ECBH counties we serve. We established a bank of community leaders and key stakeholders from private and public behavioral health providers, health and human services, faith-based organizations and educational facilities, government, law enforcement and justice system agencies, and civic or charitable groups. We engage these Supportive Community Partners to share space, coordinate dates and times, post flyers, make referrals and generally help spread the word.

Choice and empowerment are key tenets of recovery, so we reinforce with partners and attendees that enrollment and participation is voluntary. We strive to balance our enrollment options between classes which are open to anyone who is interested and those that limit attendance to people served by a particular host site, like a day program, correctional facility, or hospital setting.

We continually seek feedback and input from participants and partners through separate Satisfaction Surveys. We use their comments to make improvements in our processes, curricula and methods to better meet their needs in the future and to keep them in mind when engaging new



Our Mission

To create opportunities and environments that empower people to recover, to succeed in accomplishing their goals, and to reconnect with themselves, others, and meaning and purpose in life.

Recovery Innovations

is a nonprofit organization offering recovery-based services in Arizona, California, North Carolina, Pennsylvania, Virginia, Washington and New Zealand.

www.RecoveryInnovations.org

HOPE Station Wellness City

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Wellness City of New Bern

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OBX Wellness City

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Outreach Wellness City

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Beaufort, Jones, Pamlico, and
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Camden, Chowan, Currituck,
Dare, Gates, Hyde, Pasquotank,
Perquimans and Tyrrell Counties
252-702-2804



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is made possible by
East Carolina Behavioral Health LME.

Find our Wellness City Voice Newsletters, as well as our monthly class Calendars online at www.RecoveryInnovations.org

Recovery Innovations
has earned the
Joint Commission's
Gold Seal of Approval™

