



National Family Health Month

*Put your future in
good hands—
your own*

The meaning of life is to
give life meaning...

The past is simply the
future with the lights on.

“Excellence is not a skill—
it is an attitude.”
Ralph Marston



We all want to live longer, enjoy life more and be free from disease and stress. Embarking on a naturally healthy life journey is one way to ensure that you are in control of your lifestyle and healthcare solutions.

Our bodies are incredibly efficient healing machines. However, if something gets out of balance, having additional tools in your healing toolbox will make living a strong healthy life possible.

A health journal is an easy way to keep track of your health. By recording your health history, you can keep track of illnesses, medicines, treatments and procedures. Be sure to take your health journal to your doctor's appointments. This will help you provide your doctor with exact information about your health. Your doctor can help you keep your health journal up-to-date.

Keeping track of your health history helps you to be an informed, knowledgeable partner in your health care. Knowledge allows you to take control of your healthcare. A health journal can help you keep yourself healthy. Your journal will help you understand what makes you unwell and how to take care of yourself.

Family communication is another area of health that is not often thought about, however, communication in families is vitally important to your health.

Communication is the way you let people know about your ideas and feelings.

It is much more than words you say. It is what you say, how you say it, why you say it, when you say it, and what you don't say. It is your facial expression, your gestures, your posture, and your vocal tones.

Good communication isn't something that just happens between members of strong families; they make it happen.

Good family communication involves being both an active listener and a thoughtful speaker. Nonverbal messages speak louder than words.

LISTENING = LOVE IN ACTION

- ♥ **LISTEN** actively
- ♥ **THINK** about what others are saying
- ♥ **SPEAK** with encouragement and respect.



Health journals are a good way to track our health, and it allows us to have active participation with our physician in planning steps to maintain good health.

Healthy communication within our families decreases stress, builds relationships, and allows us to express our ideas and feelings in ways that are meaningful and builds strong families.

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



Spellbound

Sometimes I'm afraid, my
feelings gone astrayed

Some things time can heal,
when nothing else seems real

Look into my face, be gone
without a trace

Everything comes so clear,
when blocking out that fear

Somehow skies seem blue,
wishing life is new

Running from the past, I knew
it wouldn't last

Now I'm so spellbound, tossed
like a merry go round

Now I'm so spellbound, waitin
to fall down

Is darkness my only friend,
hoping my heart would mend

Set my soul free, so I could be
me

-Thomas D. Hyde

Modeling Recovery for Our Children by Using Wellness Tools

By: Karen Crawford

Children are very perceptive, and from the time they were born, they are like sponges, soaking up everything around them, that they see and hear. Therefore, it is critical that I support my children with building their own wellness tools. Recovery is a way of being and thinking that transcends into all areas of life and it even flows into parenting children.

It is important that as a parent I model recovery everyday from my actions and to my language. I do this in hopes that my children will learn from the choices that I make as well as the behaviors that I model. I use my wellness tool box daily. I desire that my children don't go down the path of drinking, gang involvement, substance abuse, succumbing to peer pressure nor having behaviors that don't serve them well in school. So, I am developing wellness toolboxes for my children to hopefully avoid some of these pitfalls in life.

The responsibility of being a good role model for my children starts with my own recovery path and may call attention to my own bumps that I have experienced along the recovery journey. Another wellness tool that I am constantly using is taking personal inventory and personal responsibility for taking care of me and my recovery efforts.

I use the meta-mood wellness tool; which empowers me to take control over my emotional responses to life's solutions. It allows me to use reasoning in difficult situations instead of being led by impulsive emotional responses. It helps me to recognize my needs and communicate them effectively and when I practice these wellness tools, my children do, too.

As a wife and a mother my family is on the recovery journey with me and I am grateful for having the tools to teach my family how to stay well or continue the journey when they are off course.

Recovery is a choice that I and my family make daily.



PEER EMPLOYMENT TRAINING

80-Hour Workshop
Limited Number of Scholarships Available

January 6 - 20, 2012
New Bern, NC

For more information, contact:
Kim Talbot, Wellness City of New Bern
252-672-8781



NC ONE Community in Recovery Conference

October 26-27, 2011

Benton Convention Center - Winston-Salem
CEUs Available

Register online at www.northwestahec.org

For more information, contact
Liz Leonard, Northwest AHEC, (336) 713-7715

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**

2407 S. Memorial Drive