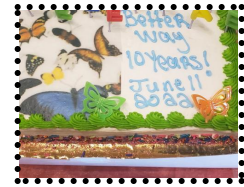




"A Better Way" - 10 years stronger

June 2012 – June 2022 September 2022 News
Volume 11 Edition 9



Hello from Ruidoso, New Mexico! I am here with Ron, attempting to create this newsletter on my Chrome Notebook, while enjoying a getaway. It is a true adventure, challenging for sure. (I am loving the views, bike rides, elk & new fonts.)

More importantly, I want to share with you all the great news from ***A Better Way's*** happenings. We've had a tremendous response with our folks receiving the Safe Environment training, sponsored by the Diocese of Dallas. This is due to Greg Draxler's excellent facilitating at our meeting on Sat. Aug. 13th, to initiate the process.

It is a lengthy process, but our folks have stepped up to the plate and hit home runs in working through that process with Greg's guidance. I am grateful that we were given the opportunity to receive the training, especially since we are a Non-denominational group. An excellent opportunity!

The training will allow many of our friends to work "safely" at the Fall fest this year. Since ***A Better Way*** is now managing the Snow Cone booth, on Sat. Sept. 24, from 11 am to 10 p.m., this will be quite helpful. If you have not rec'd. the training you are still welcome to work at the booth, although we have only a few time slots available, see p. 3



Choosing Recovery may not always be in your plans. Staying on the rocky path of recovery takes perseverance, focus & endurance; kind of like climbing a rock wall. It can be exhausting, tenuous & not fun. The medications have a way of draining our every ambition. This is why having a support team in place is critical, aka as your WRAP team.

Over the years, I have seen some of our friends decide that quitting their meds seems easier & less draining, and then realize it can be "just as painful off of meds." One may also end up in a less than desirable place.

Throughout our meetings & in these newsletters, we have shared many methods of coping in recovery, while taking meds that can lead to isolation & fatigue.

One young lady decided that for her, a certain Gaming sight could help her to escape some of her negative thoughts, moods or emotions.

States Ms. Alexandra Beane in Minneapolis, who also has a blog, called bewellfromwithin.com/blog, "Playing ***Stardew Valley*** is the ultimate gaming experience for my positive mental health," She says, "Playing Stardew Valley makes me feel as if I can accomplish things in life, even on the days when I'm feeling too lazy or drained to clean the house or do laundry. And it helps to remind me that I am in control of my life." Alex identifies as a "Highly Sensitive Person." For a person with HSP, stress tends to affect them more deeply than it would for someone without the HSP personality trait. She is also recovering from Ovarian cancer & her mom's Stage 4 Colon Cancer. Stress seems to trigger many blue moods that can often be overwhelming.

Stardew Valley is a farming simulation game that allows you to convert overgrown fields into your dream farmland. You can grow seasonal crops such as kale, parsnips, hops, and bok choy; raise chickens, ducks, cows, and goats; and even craft items like bee houses, preserved jars, and kegs. You're essentially living off the land in a fictional village called Pelican Town.

My son, Ray, says this game is totally fun!

***Please note**, while playing video games can be a fun pastime with some potential benefits, there are also health risks associated with too much gaming. Some mental health professionals believe that video game addiction is a real and serious problem for many people.



Now, on to the more serious ***Choices in Recovery***, a program developed by Dr. Ronald Diamond, professor of Psychiatry at the University of Wisconsin. One may subscribe to this newsletter at www.ChoicesinRecovery.com.

Choices offers Worksheets & Resources on their website to allow for self-check measures. "***Choosing Your Goals***" is one such worksheet topic which allows those struggling with their recovery to gauge what steps they can or should focus on to get more balance & harmony in their life.





















Sample- “Choices in Recovery Worksheet”

Choosing Your Goals:

This chart can help you to identify how satisfied or happy you are in life areas. Then you can decide in which areas you want to make changes and set some new goals.

It could be helpful to work with your **Treatment team** if you would like some additional support with this exercise.

How Satisfied or Happy Am I?

LIFE AREAS	 NOT Satisfied	 Satisfied	 very Satisfied	LIFE AREAS	 NOT Satisfi ed	 Satisfied	 very Satisfied
 Housing				 Relationship s with friends			
 Doctor/treatment team				 Romantic relationships			
 Medication				 Belonging to a community			
 Education				 Overall health			
 Work (paid or volunteer)				 Fun/hobbies/ enjoyment			
 Money/finances				 Spirituality			
 Relationships with family				 Other			

These are three life areas in which I would like to improve or set a new goal:

1. _____
2. _____
3. _____

We'll be exploring the Choices in Recovery program at our meeting on **Sat. Sept. 24.**

*Find more free Recovery worksheets on their website at www.ChoicesInRecovery.com

Fall Fest Snow Cone Announcements:

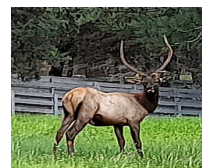
1. Fall Fest will take place on Sat. Sept. 24th, 11a -10p & Sun. Sept. 25th
2. Thank-you again, to our **"Team SnowCone,"** Melanie, Carlos, Debbie, Nick & Mary!
3. The Snow Cone shifts for Sat. Sept. 24 are:
There are still a few shift openings, see below. You are welcome to join us in serving out some **ice cold fun!**

10 am – 12 noon 1. <u>Carlos</u> 2. <u>Victoria</u> 3. <u>Evelyn</u> 12 noon – 1:30pm 1. <u>Melissa</u> 2. _____ 3. _____ 1:30 – 3:00 pm 1. <u>Mary</u> 2. <u>Nick</u> 3. _____	3:00 – 4:30 pm 1. <u>Patience</u> 2. <u>Debbie</u> 3. <u>Linda A.</u> 4:30 – 6:00 pm 1. <u>Janet</u> 2. <u>Melanie</u> 3. _____	*6:00 – 8:00 pm 1. <u>Linda A.</u> 2. <u>Matt A.</u> 3. <u>Max A.</u> 8:00 - 10:00 pm, Clean-up & Close 1. <u>Evelyn</u> 2. _____ <p>*Note- time shift change from 7:30-9:30 to 6 - 8p</p>
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A big Thank-you to Greg Draxler, Safe Environment Coordinator for All Saints, for his time & talent in training A Better Way friends!

*A Better Way next meeting
Content: "Choices in Recovery"
Sat. September 10, 2022 12:30 - 2:30 p.m
All Saints' Church, Room 118*

"Happy birthday!" September birthdays: Carlos, Jena, Carme, Nick, Soren, TJ & more



Wish you were here!