Emotional Wellness

The dimension of wellness that we are highlighting this month is emotional wellness. Emotional wellness is the ability to cope effectively with life and have satisfying relationships (SAMHSA).

So what are some ways to cope effectively with life and how do we create satisfying relationships?

Coping effectively with life is how we handle life’s ups and downs. There are many ways to do both, which is great because we’re all different!

Coping skills helps us when we’re going through a challenge that is testing our limits. They help us get our emotions to a place where we can begin to manage whatever is going on. Engaging in something you enjoy doing, such as cooking, gardening and painting, are all examples of coping skills. Eating healthy foods, exercising and deep breathing are also ways in which you can help both your body and your mind get settled. Find what works for you on your personal journey and get assistance if needed.

Another big piece to coping effectively is having the right people in your life. These are the people you can enjoy the good times with and reach out to during the challenging moments.

Life is filled with many different experiences and is meant to be shared with others. We hope you have those connections in your life and want you to know that we are here to be one of those connections for you.

Feeling connected to other people is essential for our wellness. Having people we can be vulnerable with and share our stories with helps build our resiliency. The peers at RSS facilitate groups on how to create these valuable relationships, as well as how to enhance the relationships we already have. If you are interested in learning more, please reach out to us.

- Your Recovery Support Service Team

ABOUT RECOVERY SUPPORT SERVICES

Recovery Support Services is a recovery community that is a part of East House. We believe that recovery is attainable for everyone and focus on the eight dimensions of wellness—emotional, spiritual, intellectual, physical, environmental, financial, occupational and social. Many classes, activities and support groups are peer run. Community volunteers and East House staff also lend their expertise and talents to teach classes, run groups and keep the program running. Recovery Support Services reinforces East House’s mission to empower individuals to recover and to live healthy, fulfilling lives in their community.
Education and Employment Services

Recovery Support Services is excited to bring you new groups focused on education and employment this month. Take a look below at some of the group listings for October.

**Sign Language with Tonhya!**

Do you want to learn sign language? Join career counselor Tonhya Bowman as she teaches us the basics of communicating through sign language and gives us an overview of deaf culture. This group will take place on Thursday, October 24th from 1:30—3 p.m.

**Voting: “How about it?”**

Join career counselor Celia Turner as she discusses the history and the importance of voting. Celia will also give you tools needed to prepare for voting! This group will take place on Monday October 7th, from 1:30—2:30 p.m.

**Peace Within**

Join peer specialist Suzanne Cardner and RSS intern Annie Doerr on Wednesdays October 16th and 30th from 2—3 p.m. This specialty group will provide tips on how to maintain your peace and manage the many emotions that may arise throughout the day. This group is designed to help others manage their stress both in the workplace and within their personal lives.

Sign up by calling 585-238-4800.

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**Sneak Peak: New November Workshop!**

**Successful Study Skills!**

Join career counselor Dianne Richardson next month as she shares tips on how to prepare for exams, assessments and quizzes. For those in school, we know that exam season is upon us, so stay tuned for more details on this much needed workshop!

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**Halloween Party**

Join RSS for our annual Halloween Party that will take place on Thursday October 31st from 1—2:30 p.m. Join us for...

- Snacks
- Games
- Costumes
- Fun

We can’t wait to see your costume! Let us know that you are attending by calling 585-238-4800. See you there!

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**Affinity Place Warm Line Service**

When you just need someone to talk to and you don’t know where to turn. Please call the

**563-7470.**

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www.easthouse.org

“Autumn shows us how beautiful it is to let things go.”

- Unknown

For more information, visit www.easthouse.org or call Recovery Support Services at 585-238-4800.