The Empowered Mind

This month we are focusing on empowering our minds. An empowered mind is essential to many aspects of our daily living. For example, it impacts our relationships, our jobs, our health and how we take in information. Below you will find some tips on how to empower your mind.

1) **Be mindful of your thoughts**: Experts report that we have approximately 70,000 thoughts per day. (Davis, 2013). With all of those thoughts going through our minds, it is essential we nurture the good ones. We can do that by asking ourselves whether or not a certain thought is helpful, kind or encouraging.

2) **Practice self-compassion**: Self compassion involves being sympathetic towards yourself and challenges you to not think thoughts that are harmful to one-self, but to think and nurture thoughts that are positive and empowering.

3) **Try positive self-talk**: Positive self-talk is the act of making positive affirmations about yourself such as, “I am worthy” or “I am capable”. Speaking positively about ourselves is powerful in that it increases our self-esteem and our self-worth.

4) **Eat brain healthy foods**: Foods such as berries, fish, nuts, seeds, avocados, broccoli and dark chocolate are great ways to keep your mind empowered and your brain healthy. These foods have been said to increase focus, memory, and help with your overall mood. (Harvard health publishing, 2020).

5) **Keep learning!**: Becoming a life-long learner helps us keep our mind empowered because we are always filling it with new knowledge. Whether it’s reading a book, taking a class or sitting down with a mentor, learning new things will help keep your mind empowered.

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.

Recovery Support Services
259 Monroe Avenue, Suite 200
Rochester, NY 14607
Phone: 585-238-4800
www.easthouse.org
RSS Welcomes Back The Gardening Club!

Prepare for spring by learning about the growth process of plants, as well as how to plant seeds. Everyone will also have the opportunity to plant their own seedlings!

This group will be held on Friday, March 27th from 1-2 p.m.

Sign up today by calling 585-238-4800!

RECOVERY SUPPORT SERVICES

Education & Employment Services Group Spotlight

Create Your Winning Resume
Are you in need of a resume or would you like to update the one you have? If so, join Career Counselor, Celia on Tuesday afternoons from 2-3 p.m.

Successful Study Skills
This workshop will be held on Thursday, March 19th from 10-11 a.m. and will assist you with obtaining the skills needed to retain information for upcoming tests and quizzes. If you are in college, TASC class or preparing to take a TABE test, this is the workshop for you. Sign up today!

New This Month...

Waking Up The Mind: Join us Thursday, March 26th from 1-3 p.m. as we wake up our minds with an afternoon of games, activities and snacks that will increase your brain health! Join us for activities such as board games, puzzles, meditation, aerobic exercises, Brain Train and taste-testing.

Foodlink Nutrition Classes: Join us each month as Foodlink visits us and shares tips on nutrition and health. Each month will feature a new topic and will be geared towards helping us become and remain healthy! Join us for the first class on March 12th from 2-3 p.m. as we learn how to make smoothies!

Exploring Spirituality: If you are interested in learning more about spirituality and how it can benefit you, sign up for this group today! It will be held on Mondays from 1-2 p.m. beginning March 2nd.

Tobacco Recovery Tip of the Month

Encourage Others to Seek Tobacco Recovery Supports

Tobacco recovery is a process of learning alternate coping skills. As with other addictions, counseling and having a network of recovery supports can be very helpful. Reach out to Recovery Support Services to learn about the many options for developing a personalized tobacco recovery plan.

This bulletin is a publication of:

East House moving lives forward

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“IT always seems impossible until it’s done.”
-Nelson Mandela

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