Empower Your Life

“A journey of a thousand miles begins with one step. A tree grows from one seedling. A tower starts with one brick.” - Dr. Wayne Dyer (Tao Te Ching)

As human beings we are drawn to certainty. We have our habits and rituals each day. For many of us our daily routines have been shook up and even though it is only temporary it can be challenging.

Here are some tips we hope you can use to help you feel better and Empower Your Life. Empowering Your Life for means looking at the decisions we make each day that lead us to the life we want to live. Here are some examples:

1) Making our wellness a focus by doing things like exercising, eating foods that nourish us, getting enough sleep, practicing relaxation and self-care.

2) Planning time in our day to focus on one of our dreams such as school, volunteering, work or a hobby that brings us joy. Use this time to strategize.

3) Making our living environment a priority by making our bed everyday, doing our dishes and tidying up so we feel more relaxed in our home.

4) Being present for those in our lives, which could mean picking up the phone to call someone to see how they’re doing or sharing a smile. These small gestures can mean so much to both us and others.

We won’t be holding groups right now but we will be back! For now please see the next page for more tips and a sneak peak at what we’ll be offering!

Sincerely,

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.
**Self-Care Tips**

1. Practice gratitude. This could be writing down things you’re grateful for, taking pictures with your phones, calling someone to thank them for something or writing them a thank you note.
2. Get up and go to bed at the same time everyday.
3. Upon waking up take a shower and put on fresh clothes. This will send your body and mind the message today is a new day!
4. Look up exercise videos online and give them a try, stretching and relaxation videos can be especially beneficial in helping our moods.
5. Tidy up your home for five minutes, a tidy home helps our bodies and minds relax.
6. Do something you enjoy and that is good for you like coloring, reading, journaling, playing games, doing puzzles, etc.
7. Practice mindful compassion, meditation, yoga or other relaxation techniques.

**Future Groups & Activities...**

**Pride Parade 2020!**: The Pride Parade is the annual July celebration of our LGBTQ+ community. For years we have been participating by either going to cheer folks on or walking in the parade ourselves. You can bet we’ll be back again this year as well and we hope you join us!

**Road to Recovery Canvas Project**: We’ll be completing work on the canvases and holding a special event to celebrate everyone’s wonderful work. An art show might also be in the works so stay tuned!

**New Groups Galore**: While on break from groups we’ll be working on revamping our schedule to provide different groups and topics. Look forward to some new and exciting stuff coming your way!

**Tobacco Recovery Tip of the Month**

An unexpected result of giving up cigarettes is we have additional time we can put to good use. Although we often smoked while we did something, we more often stopped doing something to smoke. Each of us has a list, tucked away in our minds, of things we’d like to do. We can better accomplish those things when we no longer spend those precious hours in a cloud of smoke.  ~Tony Klein

This bulletin is a publication of:

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“I may not be there yet, but I’m closer than I was yesterday.”
-Unknown

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