

# Recovery Road

Join the journey

Spring 2022

## Why I Save My New Year's Resolutions for Spring

Setting positive, life-affirming goals at the right time of year is one of my keys for recovery, helping me keep my mood stable and prevent bipolar episodes. Springtime stability.

Ahh, spring. It's a time of refreshment and renewal. With more daylight hours, my energy level goes up, and I feel more motivated to accomplish goals. That's why I've saved my new year's resolutions until now.

With bipolar disorder, it can be hard to keep promises to myself, even when I have the best intentions. Unexpected mood swings, reactions to surprise triggers, and just life in general can get in the way.

In January—especially right after the holidays—it's difficult to feel energized. At the beginning of the year, I'm tired. The holiday season is hard work. Overstimulation from spending, socializing, and planning wears me out. I'm recovering from the excitement (and sometimes stress) from December. The last thing I want to do at the start of a new year is set goals and try to stick to them. I just want to recuperate and rest.

**For resolutions to feel less like work and more like inspiring ideas, waiting until spring to set them works better for me.**

Now that the weather's getting warmer and flowers are blooming, I've set three simple goals for myself. They're not grandiose. They're measurable and flexible. And I'm confident that I can achieve them.

### #1 Invigorate My Body: Get Outside and Get Moving

Being cooped up inside during the colder months has made me a bit of a couch potato. I've put on a few pounds from snacking. I feel sluggish.

Holing up in my house takes a toll on my mental health, too. Longer, colder nights and isolation can trigger bipolar depression.

But getting outside and getting moving by—for instance—taking a long walk in the spring air is easy, refreshing, and free.

I don't have to do it every day. If I fall off the wagon, it's no big deal, I just go back to it tomorrow. Getting out and walking helps me feel more connected to my community. I notice things about my immediate surroundings that help me appreciate where I live. Going on walks with friends is also a healthy and fun way to spend time with others. And energizing my body with even light outdoor exercise helps enliven my mind.

### #2 Invigorate My Mind: Learn Something New

In the doldrums of winter, I feel mentally stagnant. I get stuck in a rut. An effective way to wake myself up after a long cold season is to learn something new.

Keeping my mind in tip-top shape by learning a new skill from others will fight the mental slowing that accompanies aging.

Art is my passion, so I'm learning watercolor painting. It's a relaxing way to let my mind drift while I think of new ideas. It's satisfying to see the results of my work, which can sometimes be beautiful, and always leave me with a sense of accomplishment and pride.

### #3 Invigorate My Soul: Volunteer

I enjoy some aspects of Christmas, but, over the years, the commercialism surrounding gifting has become oppressive. Every holiday season I'm reminded just how materialistic our society has become. That's why one of my springtime resolutions is to give back to the community.

I feel good when I volunteer, and it's a great palate cleanser after the holidays. Lending a hand doesn't require a huge commitment or big investment. Even a few hours a month can make a difference in someone else's life. It's immensely gratifying to know I'm doing something worthwhile with my time, and I'm not just taking from the world around me. Volunteering helps me grow as a person. My soul fills with love and hope for the future when I help others.

Now that the sun rises earlier every morning, I plan to rise with it. **I'm looking forward to the year ahead.** Setting positive, life-affirming goals at the right time of year is one of my keys for recovery.

In the next month, DBSA-OK will be starting a series of classes based on the book "Hope Rising, How The Science of Hope Can Change Your Life". You will learn how to achieve your goals. **Plan to attend and improve your life!**

## Time Management is for your Mental Health

Do you ever feel as if there is just not enough time in the day to accomplish everything you need to? That you are feeling extra stressed and tired with the amount of work you need to do?

Time Management is defined as when someone is able to manage their time effectively and efficiently in order to accomplish their goals on a daily basis.

According to **Psychology Today**: “Time Management is not about having all of those things done; it’s about having enough time for what matters most to you. Time management is really “personal management” and it is a skill necessary for achieving a better quality of life. By managing your time in a more efficient way, not only you will get the right things done, but you’ll also have enough time to relax, de-stress and breathe more freely.”

Having good time management has many benefits for your overall well-being. Below is a shortlist to show you what the benefits of Time Management are:

- **Increase productivity**
- **Increase Work Success**
- **Improves Relationships**
- **Improves Mood**
- **Decrease Stress & Depression**
- **Increase self-awareness**

To help you start this journey, below are a few steps that can help you manage your time better to get yourself in a healthy mental, emotional, and physical place:

1. **Set Boundaries:** We all know there are many tasks needed to complete in a day, whether it will be work related or family related. So, setting boundaries can be helpful with managing your time.
2. **Create a to-do list & prioritize:** Work on setting time aside to create a to-do list for the week and then prioritize what is urgent and important, so you know how to schedule the week.
3. **Self-Care:** Life is overwhelming and stressful, managing time is difficult, but a little self-care once or twice a week, that can help you rejuvenate and feel refreshed to continue to tackle your to-do list and anything else that life throws at you. Aside from these 3 steps/tips, the actual first step comes from within you. You have to want to manage your time better. You have to want to change to better your mental health. You have to want to change and succeed. Change can be scary, but when you are struggling and feel as if your mental health is not where it should be, take the time to reevaluate how you are managing your time.

In the next month, DBSA-OK will be starting a series of classes based on the book “[Hope Rising. How the Science of Hope Can Change Your Life.](#)” You will learn how to manage your time. **Plan to attend and improve your life!**

**From the Executive Director  
November 8, 2021 – March 31, 2022**

Meetings with collaborative partners:  
OKRA – Oklahoma Recovery Alliance  
OBHA – Oklahoma Behavioral Health Association  
NAMI – National Alliance on Mental Illness  
Thunderbird Clubhouse in Norman  
OCARTA – Oklahoma City Advocates for Recovery and Treatment Association  
COA – Coalition of Advocates  
MHAOK – Mental Health Association of Oklahoma

Speaker Meetings:  
Pharmacist – Dwight Davis  
Meditation – Chris Eversole  
Acupuncture – Karen Wilson  
Licensed Therapist – Dane Libart

Social Events:  
Bowling  
Christmas Party at George's  
Karaoke at Sara's Restaurant  
Piano Concert – Barbara Poppe

Zarrow Grant  
Facilitator Training Class February 19<sup>th</sup>  
Health Fair at Oklahoma City University

Spoke at Lions Club in Surry Hills  
Took 9 hours of training to teach from the book  
Hope Rising – the Science of Hope.  
Coffee Chat at the Capitol

## **Calendar of events**

Please mark these dates on your calendar

### **April**

13 <sup>th</sup>	Facilitator Meeting
15 <sup>th</sup>	Good Friday (Office closed)
29 <sup>th</sup>	Movie Night/Dinner

### **May**

7 <sup>th</sup>	Walk Club
18 <sup>th</sup>	Speaker Meeting
27 <sup>th</sup>	Movie Night/Dinner
30 <sup>th</sup>	Memorial Day (Ofc Closed)

### **June**

4 <sup>th</sup>	Walk Club
11 <sup>th</sup>	DBSA Picnic
15 <sup>th</sup>	Facilitator Appreciation
24 <sup>th</sup>	Movie Night/Dinner

Plus at least one social event each month.

### **Quotes to Help You Achieve Your Goals**

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.” —  
**Maya Angelou**

“Lack of direction, not lack of time, is the problem. We all have twenty-four hour days.” – **Zig Ziglar**

“My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose – somehow we always win out.” – **Ronald Reagan**

## 8 Tips On Setting Boundaries For Your Mental Health

Boundaries are defined rules or limits that someone establishes to protect their security and well-being around others; we identify and express how other people can behave around us so that we feel safe. Boundaries can include setting expectations about how much alone time you need in a romantic relationship, preventing family members from speaking negatively about loved ones, or establishing physical safety measures when spending time together. They can be an important tool to help us feel secure in our surroundings and with other people, creating an environment for each person to be themselves and have their needs met.

Here are some tips for establishing boundaries:

**1. Give yourself permission to focus on yourself** and make your safety and comfort a priority. A lot of the time, we stretch our boundaries or postpone setting and enforcing boundaries because we feel guilt or fear a negative response. In reality, boundaries not only contribute to healthy relationships with others, they also bolster self-respect and self-love!

**2. Practice self-awareness.** Listen to your gut! Part of creating boundaries is prioritizing your comfort so you can feel safe and be present with others, but in order to do that you need to acknowledge your feelings and honor them. What makes you feel safe? What makes you feel uncomfortable? Remember that boundaries can shift and change as you grow; allow this to happen and hold space to recognize and sit in these feelings.

**3. Name your limits.** Sit with your emotions, and identify what you need physically, emotionally, and mentally so you can identify your limits and better communicate them to others. A helpful method for this is the boundary circle. Draw a circle on a page of paper. Inside it, write down everything you need in order to feel seen, supported, heard, and safe. Anything that actively conflicts or distracts from that, write outside the circle.

**4. Be consistent with the boundaries you've set.** We can't expect others to know how we're feeling at any given moment, so we have to clearly communicate with others if they cross our boundaries.

**5. If you aren't sure where to start: Use "I Statements"**

"I Statements" can help keep the focus on expressing your thoughts, feelings, and opinions without worrying what others are thinking. Describe your reaction to an unwelcome situation and why you have that response, then clearly lay out what you need to feel secure:

"I feel \_\_\_ when \_\_\_ because \_\_\_\_\_. What I need is \_\_\_\_\_."

Example: Instead of "Stop touching my stuff and stay out of my room!" Try "I feel violated when you enter my room and go through my things, because I value privacy. What I need is a space that I know is private to record my thoughts."

**6. Be direct, clear, and simple.** When setting and enforcing boundaries, state what you need as clearly and calmly as possible. You don't need to justify, defend, or apologize for your boundaries. You can always adjust the tone or manner with which you enforce your boundaries if you like, as well. You get to decide how assertive to be, depending on your relationship with the other person, the circumstances, or even where your emotional ability lies on that day. If you are nervous or sensitive about certain boundaries, you can plan what you'd like to say to protect those limits in advance.

**7. If setting boundaries makes you uncomfortable or anxious, start small.** You 100% deserve to say no without feeling guilty, but it can take practice! Start by setting a small boundary in a space that feels more manageable, and work your way up. If it makes you feel more comfortable, you can offer an alternative when setting a boundary. For example, if someone asks you for a favor and you aren't comfortable with it, you can offer some sort of tool that can help, or another person who might be useful. If you are nervous setting a more significant boundary, sit with it and think through what might happen as a result. Is this boundary and the safety it provides worth the discomfort of establishing and later enforcing it? For example, am I willing to take the steps required to distance myself from an emotionally harmful person to protect my sense of safety?

**8. If you need backup, get support**

Defining and asserting boundaries can get even trickier if you or a loved one lives with a mental health condition, mood disorder, or a history of trauma, especially if you share a living space together. It's important to check in regularly to make sure that everyone is content with their needs being met, and boundaries respected.

If you're experiencing challenges with setting or asserting boundaries, or if someone is causing you difficulty by crossing them, never hesitate to reach out to a mental health professional. Emotional backup can also take the form of a **support group**, spiritual community, or friends and family!

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## What Can I Do?

- D Donate** Encourage others to do the same
- B Break the Stigma** Educate; increase awareness. Tell your story.
- S Spread the word** DBSA is here, we can help
- A Advocate** Ask legislators to support mental health issues.

### Visit our websites:

[www.dbsaok.org](http://www.dbsaok.org)  
[www.dbsalliance.org](http://www.dbsalliance.org)

### *If you need help . . .*

National Suicide Prevention  
**800-273-TALK (8255)**

Oklahoma Department of Mental Health  
Pandemic Crisis Support Line  
**1-800-522-9054**

Emergency  
**911** Ask for a CIT Officer

OCARTA for Crisis  
**405-812-4580**

OCARTA for Friendship  
**405-436-4082**

Oklahoma County Crisis Intervention Center  
**405-522-1800**

Heartline  
**211** Ask for help with emotional distress

New Crisis "Text" Line  
**741741**

*Remember: Suicidal thoughts are temporary. Suicide is permanent. Do not give in to suicidal thoughts – you can overcome them.*



## Depression and Bipolar Support Alliance

Oklahoma

3000 United Founders Blvd, Ste 104  
Oklahoma City, OK 73112  
405-254.3994  
office@dbsaok.org  
dbsaok.org  
Find us on Facebook @dbsaok

### Our Mission

To provide hope, help, education, and support to improve the lives of people with mental health disorders.

*We've been there. We can help.*

### Staff

George Crooks – Executive Director  
Jeannie Huey - Office Manager  
Karson Hurford – Support Group Liaison/Educ.

### Board of Directors

Steve Brown, President  
Pat Manning, Vice President  
Diane Lucas, Secretary  
Jeff Tallent, Treasurer  
Sarah Gorton  
Diane Bergeron  
Pete Schaffer  
Cheryl Schieren  
Renee Garrett  
Kent Acres  
Katy Jo Brown

### Emeritus Members

Iva Cook

### Professional Advisor

Vacant

# Peer Support

Join the journey

March 30, 2022

## Oklahoma Peer Support Groups

### Active Public Support Groups

(We welcome college nursing students but we ask that you always contact the group facilitator first. We ask that only 2 nursing students at a time visit one of our support groups.)

#### Bethany - Virtual

Thursday 7:00 PM  
Contact Nannette 405-787--6069

#### Edmond - Virtual

Edmond Public Library  
Temp suspended TBA  
Contact Sarah 405-388-5695  
Contact 2 Jeff 405-203-7898

#### Lawton – Southwest

Lawton Public Library  
110 SW 4th St.  
Monday 6:30 PM  
Contact Laura 580-536-1251  
Contact 2 John 580-483-4942

#### Midwest City

St. Mark's Lutheran  
7501 E. Reno Midwest City  
Tuesday 6:30 PM  
Contact 1 Dawn 405-464-5252

#### Norman

Norman Central Library  
2<sup>nd</sup> Floor Roserock Room  
Thursday 7:00 PM  
Contact Diane 405-503-1948  
Contact 2 Jackie 405-596-5616

#### Oklahoma City

State Office  
3000 United Founders Blvd.  
Ste. 117  
Wednesday Noon  
Contact George 405-413-7778

Crossings Church  
14600 N Portland Room 232  
Monday 6:30 PM  
Contact Katy Jo 405-250-4136  
Contact Steve 405-445-8778

Lottie House Drop In #1 -**Virtual**  
Zoom 12-1 Tuesdays  
Contact Bianca 405-999-2951

Lottie House Drop In #2 -**Virtual**  
Zoom 12-1 Fridays  
Contact Bianca 405-999-2951

OCARTA Drop-In Center -  
**Virtual/In Person**  
3:00 Tuesdays  
Contact Tyler 405-436-4083

#### Stillwater

First Presbyterian Church  
524 Duncan  
Tuesday 6:30 PM  
Contact Karen 405-624-1518  
Contact 2 Allison 405-714-3166

#### Yukon

First Christian Church  
601 Maple  
Tuesday 7:00 PM  
Contact Renee 405-209-7477  
Contact2 Cheryl 405-882-6467

#### Rural Statewide - Virtual

Thursday 6:30 PM  
Contact George 405-413-7778

The Rural Statewide Zoom support group at 6:30 PM is open to anyone. We are working on getting groups started again in the following locations: Ada, Shawnee, Tahlequah, and Tulsa. If you are interested in one of these please call the office.

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