



October 2018 Newsletter

Self-Care and Setting Boundaries

The following are some practical examples of ways to practice self-care, and setting boundaries.

1. **STOP COMMUNICATION.** Separate yourself from the sick person, physically if need be, as well as emotionally. Concisely state to the person in question: I love you. I care about you. I want you to succeed and get better more than anything else in the whole world. But, what I'm doing now doesn't work. It doesn't help. It never has, and I'm positive it never will. At this point in my life for my own health I'd ask that you please do not contact me unless you're sober, or are ready to get help from a professional. I will always support recovery-oriented behaviors and love you regardless, but I cannot, and will not continue to fund or support your addiction.
2. **SEEK OUT LIKE-MINDED INDIVIDUALS** with similar experiences to yours. Perfect example is PAL. Attend meetings regularly. It's easy to feel alone when we're going through tough times but through support and fellowship with other's with which we share a common bond the feeling of loneliness becomes one you'll seldom know. PAL offer's education on how to practice boundary setting and how to help others in a way that is healthy for yourself, as well as the person in question. Once we can accept help and surrender to the idea that we may not know what's best for the person we're dealing with, we begin to heal.
3. **TAKE CARE OF YOURSELF.** Mind body and spirit. Whatever this looks like for you is appropriate. Any kind of positive, health conscious activity is healing, even if it means taking a break and going on a weekend vacation. Prayer and meditation are key. Yoga. Hiking. Simply being outside. Reading a good book. Exercise. Join a bible or spiritual literature study. Try an elimination diet IE: no sugar for a month or Whole 30. Drink a kombucha or a take an apple cider vinegar shot. Better yet, make all of these things a part of your daily life and be amazed at how your mental status changes from one of hopelessness and depression to one of empowering positivity. Spread loving kindness in all that you do and watch the lives of the people around you change. I know these practices work because I've seen the improvement in my own recovery and my ability to help others when I implement them. When I make it a point to get better, the lives of the people around me generally do too, over time.

REMEMBER: You cannot transmit something that you don't have! When we forsake our own self-care and run ourselves ragged trying to get someone else to commit to helping themselves we're providing a poor example for them and the other people in our lives. Having worked in the behavioral health field for the past 4 years I can attest that this is the norm. And, that it is completely futile. I've yet to see someone get better because their family convinced, connived, or bribed them too. It just doesn't happen. Imagine the changes we could make to the collective whole, if we just simply took suggestions, let go, and practiced owning our own behaviors. Make an honest concentrated effort to get healthy, spiritually, mentally, and physically. Don't bend, transcend. What you resist, persists. Make a commitment today to join us in raising the bar.

Godspeed,

Sean
In Recovery

**You can read, comment and ask questions for Sean
to address in his blog on the PAL website, Home page. Palgroup.org**