



Fall 2017

Surviving Difficult Times

Most people have seen their fair share of stressful times. For many, these times are quite tragic. Remember Sept. 11, 2001? The United States was jolted into a new awareness of its vulnerability to attack. There have also been many devastating natural disasters, which have uprooted individuals, families, and communities. For some, the fear of what might happen in these uncertain times is crippling their quality of life.

Resiliency

Resiliency is the ability to bend without breaking. Difficult times affect each of us differently. How we cope is influenced by our, current circumstances, past experiences, core values and beliefs, relationship with loved ones, and self-care. In other words, resiliency is the merging of physical, social, emotional, and spiritual assets that people are born with or develop. Those with fewer assets are most vulnerable to stress during difficult times. The good news is that we can bolster resiliency by improving coping skills. With that thought in mind, here are some tips to help you cope in difficult times.

Accept your mistakes. You are not alone. Admit it, learn from it, talk it out with someone, and move on.

Spend more time with loved ones. Just being with people we like is a mood lifter.

Take care of your health. You can increase your stress tolerance and resilience by maintaining a healthy lifestyle: Eat well, exercise regularly, get enough sleep, and build relaxation time into your day.

Think about what matters most. Take some quiet time to reflect, focus, read, meditate, or pray. In our busy lives we seldom slow down long enough to reflect on what matters most.

Be grateful. Gratitude is an awareness and appreciation for your life and all the good things about it. The most resilient people are those who recognize, and are grateful for, what they have.

Help others. Giving to others in need makes it almost impossible to worry about yourself. It also reminds us that human kindness can make almost any situation better.

*By Drew W. Edwards, EdD, MS
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Regional Peer Trainings: Resiliency

Beacon Health Options is offering trainings in Annapolis, Baltimore City, Columbia, Elkton, Hagerstown, and Leonardtown. Trainings are free and target a wide audience. Priority will be given to peers. The Maryland Addiction Behavioral-health Professionals Certification Board has approved 2.0 CEUs in the wellness and recovery domain for the trainings. CEUs may be used toward certification or re-certification of peer recovery specialists. Seating is limited. To register, please contact person listed for each training location.

September 18, 2017 - 10:00am to 12:30pm

On Our Own Howard County, Inc.
6440 Dobbin Rd.
Columbia, MD 21045
Bryan Johnson, Executive Director 410-772-7905

September 25, 2017 - 10:00am to 12:30pm

On Our Own Howard County, Inc.
6440 Dobbin Rd.
Columbia, MD 21045
Bryan Johnson, Executive Director 410-772-7905

October 13, 2017 - 11:00am to 1:30pm

On Our Own of St. Mary's County, Inc.
41665 Fenwick St.
Leonardtown, MD
Carolyn Cullison, Executive Director 301- 997- 1066

October 24, 2017 – 10:30am to 1:00pm

On Our Own Anne Arundel County, Inc.
132 Holiday Court, Suite 210
Annapolis, MD 21401
Patrice O'Toole, Executive Director 410-224-0116

November 15, 2017 - 4:00pm to 6:30pm

On Our Own Inc.
6301 Harford Rd.
Baltimore, MD 21214
Tony Wright, Executive Director 410-444-4500

November 22, 2017 – 11:00am to 1:30pm

Office of Consumer Advocates, Inc.
121 East Antietam St.
Hagerstown, MD 21720
Mary Beth Twigg, Program Director 301-790-5054

December 13, 2017 -1:00pm to 3:30pm

On Our Own Cecil County, Inc.
103 South Bridge Street
Elkton, MD 21921
Cameron England, 410-392-4228

If you have additional questions, please contact:

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Sharon.jones@beaconhealthoptions.com.

