

Recovery Rocks Community Inc.



Peers standing stronger

EXCHANGE

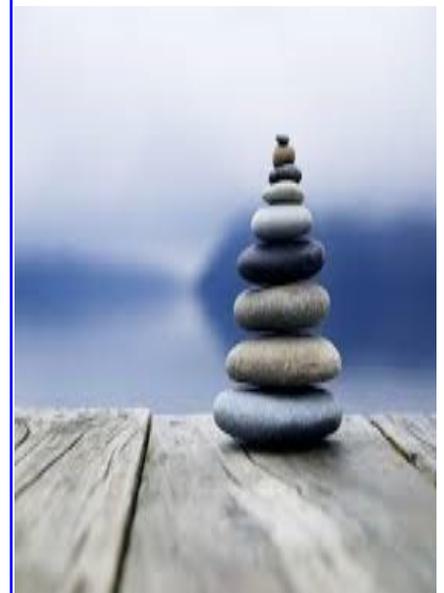
Issue 61

April 2019

Recovery Tip-Mindfulness

Mindfulness is paying attention to the present moment with openness, curiosity and without judgement. There are two parts to mindfulness. The first is learning to focus attention on one thing, and being able to bring the attention back when the mind gets distracted. The second part is about the attitude you bring to paying attention – being open, non-judging, and curious about what you are focusing on. There are many benefits of using mindfulness. It is a tool that can help you to: Reduce worries, anxiety and distress, enjoy more energy, create a sense of calm, learn how to relax and regulate emotions, enhance awareness and creativity, improve concentration and increase productivity, develop a sense of empathy and connectedness and enjoy better health and sleep.

Information taken on 23/04/2019 from <https://www.smilingmind.com.au/mindfulness>



Poem by Trish Tran

**Breath in, breath out
Gentle on the heart
Softer on the mind
Let your guilt unwind
Breath in, breath out
Take time to forgive
Embrace your fear
Believe you can live
& your paths will clear**

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Do-Overs; Learning about the joys of Neuroplasticity

Do-Overs

Learning about the joys of Neuroplasticity!

By Trish Tran

A few years back I heard about neuroplasticity and it changed the way I feel about making mistakes forever! I discovered that the brain is continually changing and re-growing. It is constantly checking what thoughts and memories are being accessed a lot and the ones that I use often – it builds super neuronal highways to help me access the memory more rapidly (I guess that is why kids have to practice their times tables and we repeat our shopping list in our heads on our way to the shops – so we can get to the memory fast when we need it). On the flipside, memories which are not used (like our first mobile phone number and Year 8 trigonometry), are broken down and eventually these neuronal pathways die off (we just lose the ability to remember it).



This was really life changing for me! I realised that after every time I messed up in a social situation, I would feel really awful for ages and couldn't stop thinking about the event. I would often go back and apologise multiple times to the person over whatever it was that I thought I had done. What I was actually doing was solidifying the pain of the event in my memory and cementing my perception of the event in the other person's memory. Every time I accessed the memory, my brain was watching and nurturing the neuronal pathways to make the memory even stronger... AND I was strengthening it in the other person's brain every time I brought it up with them, as well!

Understanding what I do now about neuroplasticity, I see that it is possible to have do-over's ... that I can actually modify shared memories... all I have to do is stop thinking about whatever it is that makes me feel bad... eventually the pain / memory will begin to subside for me as the memory is dulled... Now for the other person! I stop drawing their attention back to the event and begin create new memories with them, to replace the ones where I messed up with them, and then... SHAZAM! My shame is halved and the other person hasn't really noticed anything amiss... and with each new memory I create between us, I weaken the previous shared memory of my blunder... are the joys of forgetfulness!

*The past is over and dead
Kept alive only by the monsters in my head
I choose to let the bad ones go
And work to have the happy ones grow*

With Sympathy

*Thinking of you in these
difficult times and sending love*



Our sincere condolences to Chris Elderidge, family and friends on the recent passing of her partner and friend Ken.

Some of you may remember Ken, who joined us at RRCi events.

May he forever Rest in Peace

Reawaken Australia

I recently had the opportunity to join with 120 delegates in Adelaide to attend a five day conference called Reawaken Australia, on the three themes of , mental health, trauma and addiction. www.reawakenaustralia.com.au The conference was organised by Matt Ball and Stephanie Mitchell from the Humane Clinic www.humaneclinic.com.au and by overseas collaborators Oryx Cohen, Chief Operating Officer of the National Empowerment Centre <https://power2u.org/> and PJ Moynihan from Digital Eyes Films <https://digitaleyesfilm.com/> Together with their team of enthusiastic volunteer helpers, pulled together an unforgettable and transformational experience.

Mental health, trauma, and addiction do not exist in isolation. Just as adversity arrives in relationships, healing occurs with human connection. The conversation is changing. Awareness is rising. Yet our current paradigms remain dominated by notions of disease and disability. The conference gave me an opportunity to connect with other likeminded people who believe that new

On the bus on our way to the Rally



outcomes based in social connection understanding, and action, are what's needed in response to meaningful experiences and realities of people. The three underpinning values of Reawaken: Compassion, Connection and Meaningful Action. The conference started with an invitation to take off our labels, and our titles and just be people. People that are open and willing to just be themselves with each other. The conference ended with a rally, taking our manifesto to the steps of S.A. Parliament and presenting it to a politician. Believing that change occurs within communities of support and mutual influence the conference provided spaces for the conference community to move together

towards meaningful and tangible outcomes that participants could each take home to their own communities at the end of the conference.

Which has got me wondering about Recovery Rocks Community and what change we as a community would like to see happen now and could we connect as a community to move together towards some meaningful outcomes? Please contact me with your thoughts, or ideas, I look forward to hearing from you, Amanda Waegeli, Founder, Vice Chairperson, Recovery Rocks Community.

Free Resources -Helping people to constructively engage with voices

Rufus May, Charlie Heriot-Maitland and Elisabeth Svanholmer from the UK have created a series of short films that are available online for FREE, that demonstrate how you can engage voices and find ways to learn from them. They have used both role-play and some demonstrations of mapping out and talking with Elisabeth's voices.

They don't want engaging with voices to become a therapy that only highly trained professionals can use. While they welcome therapists using these approaches, they also want people who hear voices, and their friends and family, to know about dialoguing and creative ways to understand and engage with voices. They also acknowledge that not everyone who hears voices wants to engage with them.

It's helpful when mental health professionals can offer certain kinds of assistance, but it can be even better when people learn how to help themselves and each other. That's what really creates a healthy society. Access the Free Resources here: <https://openmindedonline.com/portfolio/engaging-with-voices-videos/> For local support contact Hearing Voices Network of WA Ph: 1800 742 466

RRCi Membership Renewals

Membership options with Recovery Rocks Community are for one year or three years. Our membership year was changed when we updated our constitution and it now starts on July 1st and ends on 30th June.

This month we will begin the process of notifying all our current members of the date their membership is due for renewal.

If you have any membership queries please don't hesitate to contact us.

*Recovery Rocks
Community
change of Postal
Address.*



Our new postal address is:

**Recovery Rocks Community Inc.
PO Box 358
Cannington
WA 6987**

Volunteering with

Recovery Rocks Community Inc.

**Recovery Rocks Community operates
100% on volunteer power.**

**Put simply, without volunteers we cant
exist.**

**We are committed to ensuring all our
volunteers are valued and appreciated
by providing resources, induction,
training and support.**

***To discuss you interest or find out more about
volunteering with Recovery Rocks
Community, contact us via phone or email.***

Contact us for more information

Recovery Rocks Community Inc.

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Postal Address

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Cannington WA, 6987

Check out our Website

www.recoveryrockscommunity.org

Join our Closed Facebook Group

Recovery Rocks Community Inc.

Visit our YouTube Channel

Recovery Rocks Community



Thankyou to MIFWA for your ongoing support in printing and postal distribution
of the newsletter to our community.