

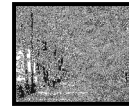
On The Road to Recovery
13 Orange St
Manchester, NH 03104

Non-Profit Organization
U.S. Postage Paid
Manchester, NH
Permit No. 1217



Come and visit us at www.otrtr.org

July Newsletter



On The Road to Recovery
13 Orange St. Manchester, NH
623-4523

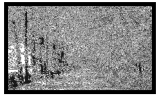
We are a community of Peers
committed to providing a safe
environment with acceptance and respect
of the dignity of all Members to carry out their
plans for recovery and healthy and better living.

Hours of Operation
Monday—Saturday 8:30-4:30
Closed Sundays and Holidays

Warm Line Services
The warm line hours 7days a week
from 5pm-10pm
To use warm line services please call
1-800-306-4334

Thought for the Month
“We can only be said to be alive in those moments when our
hearts are conscious of our treasures.”
Thornton Wilder

Members Ten Minute Line
603-623-0652



*From the Desk of the
Executive Director*

*It's summer time! Let's celebrate being a Community of Peers! I hope that you will plan to come to the Community Outing at Pawtuckaway. Speak with David or I, the details are posted in the Peer Center.
Warren*

How Boredom Can Screw With Your Life and Happiness...By Jacob Inman

Do you ever feel like you follow the exact same routine each and every day? Does your life feel like a broken record that continually skips but never really moves along? Remember the movie Groundhog Day? Bill Murray's character, Phil, finds that he is stuck in a repeat of the previous day which he of course finds very distressing. I know for me, it often seems like each day is the same. I wake up, eat breakfast, get ready for work, fight traffic, work, eat lunch, work more, drive home, play with the kids, eat dinner, squeeze in a workout, put the kids to bed, and go to bed. What about tomorrow? It's the same routine, just a different day.

Believe it or not, this monotonous pattern of life can be very stressful. Most people consider monotony and boredom unpleasant, but few realize that these conditions are potent sources of stress that often go unrecognized. .



Community Outing!

When? Wednesday July 28th 9:00am-2:30pm

Where? Pawtuckaway State Park

What? A picnic, swimming, hiking, making friends and having a good time!

How? To attend you must sign up in the Peer Center, see David or Warren for details!

Special Events for June

July 13th

Wellness Class in the Peer Center

July 8th

Board of Directors meets here at OTRTR 5:00pm.

July 20th

Consumer Council meets in Concord, see David for details.

July 26th

Older Adult Council meets in Concord, see David for details.

July 28th

Community Outing, sign up in the Peer Center.

Weekly Scheduled Events

Mondays

One to One Intentional Peer Support-Peer Center-am
Community Gathering- Peer Center 10am
Open Reflections-Peer Center 10:30-12:00
Open Reflections-Peer Center 1:30-3:00pm
One to One Intentional Peer Support-Peer Center-pm

Tuesdays

One to One Intentional Peer Support-Peer Center-pm
Serenity Group-Peer Center 10:30 am
Social Gathering-Peer Center 1pm
WRAP-Peer Center 2pm
One to One Intentional Peer Support-Peer Center-pm

Wednesdays

One to One Intentional Peer Support-Peer Center-am
Self Esteem-Peer Center 10am
Open Reflections-Peer Center 10:30-12:00
Tasks of Intentional Peer Support-Peer Center 1pm
One to One Intentional Peer Support-Peer Center-pm

Thursdays

One to One Intentional Peer Support-Peer Center-am
Peer Values-Peer Center 9am
Open Reflections-Peer Center 10:30-12:00
Open Reflections-Peer Center 1:30-3:00
Managing Stress-Peer Center 1:30

Fridays

One to One Intentional Peer Support-Peer Center-am-pm
Open Reflections-Peer Center 10:30-12:00
Open Reflections-Peer Center 1:30-3:00pm
Be True to Yourself-Peer Center 2pm

Saturdays

Relaxation, Sharing and Exercising-Peer Center 1pm

While stress is usually associated with over-stimulation of the senses, the body and brain also react negatively to under-stimulation

Consider an extreme example of boredom - a prisoner who is forced into solitary confinement. The prisoner has no form of stimulation; no one to speak to, nothing to look at other than bare concrete walls, no sounds, and nothing to do to pass the time. Complete and consistent sensory deprivation is torturous.

Obviously, a daily routine does not create such an extreme level of monotony and sensory deprivation, but it stands to reason that feeling trapped in life's rut can lead to increased levels of stress. Our busy schedules often force us to plan out every last detail of the day in order to guarantee that we fit it all in. Each day becomes a scheduled routine full of "must-do" tasks that provide little in the way of stimulating satisfaction, but rather leave us burnt-out and exhausted. Certain times of the year can have a compounding effect on monotony, namely the long winter months where we feel confined to our homes. So what do we do to get out of this rut that we're in?

First of all, it's important to recognize the fact that boredom with your daily life could be contributing to stress and dissatisfaction. This realization will allow you to focus on incorporating positive changes into your day and will trigger a shift in your overall perception of life and an improvement in your mood. Second, realize that you don't need to upend your entire life to get out of this rut you're in. This isn't about creating an unmanageable schedule full of meaningless stay-busy tasks, but instead, making better use of the time that you have...

Don't be afraid to shake up your schedule once in awhile. You'll be pleasantly surprised at the feeling you get after escaping the binds of boredom. Life won't seem so dull and monotonous anymore, and you'll be taking positive steps toward managing unrecognized stress in your life.

Intentional Peer Group Descriptions

Self-Esteem-John

This very popular self-esteem group has been meeting regularly since 2006. The first key principle in Peer Support is “Connection.” The Principle of Connection may be defined differently by each individual. “Connection” becomes a starting point for building and regaining self-esteem. By sharing mutual experiences we begin to take a look at the very way we connect with others and how others connect with us, to “see” others and have others “see” us. With the understandings that come from these kind of “Connections” we start to move forward using the other Principles of Peer Support.

Social Gathering-John

This group is an unstructured opportunity for an “open ended” discussion to make “connection” and discuss everyday events with each other. This sharing experience with each other can be on everyday events, our outlook on the world today as WE see it, change and grow; much like ourselves. If there is a “lull” in the discussion John will share some “tidbit of wisdom” to get the discussion moving forward again to stimulate the exchange of ideas and views.

WRAP-John

Members with the guidance of John develop a Wellness, Recovery Action Plan. This plan is shared with the members of the group and discussions center on how members are moving forward with their individual plans for recovery.

Relaxing-Sharing and Exercising-Scott

Open ended conversations and sharing experiences are blended with physical exercise to move forward with our mental and physical well being. We start with small steps and move forward to be where we want to be!

Serenity Group-Lee Ann

How do we achieve serenity? Is it something that we can strive for or is it something we let happen? This group centers around these two questions.

Community Gathering

The Peer Support Center is a living Community of Peers. Essential to the life of OUR community. It is when all members and staff can share any updates on events that might be taking place within the Peer Center.

Peer Support Values-Jim

An open entry level discussion of Basic Peer Support Principles. Do these Principles effect us? How? Can they impact on OUR daily lives? There will be time in each session to discuss how these Principles can make or have made a difference for US.

Managing Stress-Kay

Are you stressed? Does the stress of daily living preoccupy your every day activities? In this group we share experiences that trigger stress in our lives. We will explore and learn some easy practical techniques and ways to reduce stress in our lives and move on. Come join us and manage your stress!

The Art of Self Respect-Lee Ann

Being diagnosed with a mental illness can be a challenge. We must remember that we are doing the best we can, even when we are met with current stigma. You are a valuable person worthy of being happy with yourself. Come and explore the subject of self-respect with us!

Learning and Practicing Peer Support Skills- David

This group will focus on learning the basic skill sets that are needed to practice Intentional Peer Support. In addition to learning the four basic tasks participants will have the opportunity to practice IPS with each other.



**THINK HEALTHY
ACT HEALTHY
BE HEALTHY**



Health Matters- Paul M + Jackie C

Tuesday July 13th our series of Health Matters Workshops continues. For those who have not yet heard, this is a series of educational presentations on a wide range of health topics. Join us and learn to be healthy!