

# WHAT'S NEW

Footsteps  
to Recovery

Change, Growth & Moving On

May  
2021

## WHO STOLE MY F#\*%ING CHEESE !!??!!



Quite often I have jumped to the conclusion that something has been stolen or lost if I cannot immediately find it where I expected it to be - house keys in a different pocket than normal ; an item of food in a communal fridge, that has been moved; an item that I thought I had packed in my rucksack, but hadn't. This is not just jumping to a conclusion, it is jumping to the worst conclusion, otherwise known as catastrophising.

## MINDFUL MOMENT

My thoughts inform me. How I respond to the thoughts is the difference between me calling my flatmates thieves or spending a minute to move a few items in the fridge to locate my cheese. I note my actions are influenced by my mental state e.g. stressed, pressurised, angry, frustrated, hungry, tired versus relaxed, buoyant, in-tune etc.

Meditation  
Meditation is a great way  
To relax your mind and feeling  
Opening up those wonderful thoughts  
Of your mind and being  
Whether on top of a mountain  
Or a seaside for a swim  
Breathe the air, to open your thought  
And feel yourself within

The two articles below explain more.

[Helpful Thinking](#)

[Unhelpful Thinking](#)

John.

Try this 5 minute meditation:  
<https://youtu.be/nmFUDkj1Aq0>

Andrew.

## FOOTSTEPS UPDATE

Footsteps to Recovery is a partnership between Pobl and Recovery Cymru offering structured aftercare interventions, peer support and volunteer opportunities.

The Community Rehab Program (POBL) is currently running groups online with daytime and evening programs starting regularly. We also offer 1 to 1 telephone support and have a free counselling service. Please get in touch on 029 2038 8717 to self refer.

Recovery Cymru is running a full programme of groups online as well as offering one to one recovery coaching over the phone. Click [here](#) for the website or visit @RecoveryCymru on Twitter, @RecoveryCymru1 on Instagram or Recovery Cymru on Facebook.

All our newsletters can be found on the RC website under 'what we offer'.

## EXPLORE .... HOW TO ASK FOR HELP

Asking for help can be difficult for some of us. The reasons are numerous and can involve issues such as upbringing (my own family had a strong sense of personal pride); caution with regard to appearing "needy"; an unwillingness to surrender control; or a fear that a refusal might make one feel shunned or rejected. Often low self-esteem may be a key factor.

The ability to "open up" is very much an ongoing personal investigation for me; but here are a few things that I've picked up so far:

Family and friends can be helpful for some, but others may not find them the most ideal people to approach. If this is the case then perhaps it may be preferable to talk with someone you don't know who has been trained to help - such as a counsellor or mental health professional. Alternatively, you may consider seeking out a support group.

Footsteps To Recovery and Recovery Cymru both offer opportunities to share and/or open up to people who are objective and non-judgemental. Also, the Samaritans remain a good first port of call for anyone who is seeking guidance about who to talk to next.

For Samaritans call: 116 123 from any phone.

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Andrew



## FOOTSTEPS TO RECOVERY FORUM

The F2R forum meets once a month to discuss how our services could be improved and to put together this newsletter. If you have attended the CRP or are a member of RC we want to hear from you!! Get involved and come along to our next forum on Wednesday

19th May or get in touch to let us know what sort of articles you would like

to see in this newsletter. Email [anna.pugh@poblgroup.co.uk](mailto:anna.pugh@poblgroup.co.uk) or

[judithenticott@recoverycymru.org.uk](mailto:judithenticott@recoverycymru.org.uk) for more details.

## DON'T BE AFRAID ... TO TALK ABOUT SUICIDE

There have been numerous mentions of suicide in the media recently. THAT interview, the documentary on [Caroline Flack](#), [Roman Kemp](#) discussing the loss of his close friend and work colleague Joe Lyons.

While writing this I am listening to an Elis & John Podcast on BBC Sounds called [How do you cope?](#) Adam Kay is being interviewed, (This is going to hurt is a MUST read, both hilarious and poignant) and he quotes from a BMJ article that between 2011 and 2015, on average 1 medical professional a week commits suicide.

The reasons for this are many and varied. But the one thing that stood out for me was 'ask the question' or 'ask twice'. Asking the question won't put the thought in someone's head, if it isn't already there.

<https://www.bbc.co.uk/programmes/articles/4WLS5NlwrySXJR2n8Snszdg/emotional-distress-information-and-support>

<https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

Lisa

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