

WHAT'S NEW

Footsteps
to Recovery

Change, Growth & Moving On

June
2021

BEHAVING LIKE A CHILD!

What does this mean to you? I overheard someone saying this the other day and my first thoughts were negative. If I think someone is being childish then I think they are being demanding, impatient, unreasonable etc, etc. But is this because I have a tendency to have negative thoughts?

In the main, children are happy and joyful. I did a quick internet search and the first article that came up said that children find joy in the little things. They don't over analyse or assume the worst. They jump in puddles, not caring their feet will be wet after. They will talk to other children and join in the games, not concerned if they are making the right impression, or playing the game properly. They just do it. So, next time my friends and family tell me I'm like a child because I'm being excited about something or singing too loud or they can't get into the room because I'm dancing around and taking up all the space, my answer will be, 'damn right I am'... and I'll enjoy it all the more!

Lisa



MINDFUL MOMENT

Clouds in Anxiety

The clouds adrift so far below
Changing as they come and go.

Sometimes are up so high
And often they are down so low.

I wonder if you could be allowed
To look around and choose a cloud.

And bring those feelings right out
loud

Whether you're ashamed or proud.

If they could come close to you
Would they stay or just pass through.

It maybe hello or goodbye
Gently drifting in the sky.

Andrew B.

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'.



Totally caught up in thoughts



OBSERVER MODE

EXPLORE THE OBSERVER SELF

While many of us are relieved that Lockdown restrictions are now rapidly easing, it does however also bring with it the return of elements for which we may need to be mindful. For example, the reopening of certain venues may potentially bring with them the return of certain psychological triggers.

When such uncomfortable thoughts or feelings occur, is it easier to engage with them (or "fight" them)? Or is it perhaps more useful to acknowledge that they are there while being one step removed from them?

"The Observer Self" (or "Observing Self") is a principle in Acceptance and Commitment Therapy (ACT) that enables a person to objectively study their own thought processes. It was a concept that I found to be revelatory early on at the start of my own recovery.

A friend of mine once likened it to "being the impartial referee in your own internal sports match".

Click [here](#) for information and videos that may be of use

Andrew F.

DON'T BE AFRAID ... TO LET GO OF THE STRUGGLE

Have you ever been there? You have set yourself an objective, and you are determined to achieve it. No obstacle is too big, nothing will stand in your way. You are fired up with passion and belief. Where others have failed you will succeed by sheer force of will if nothing else.

After a while you seem to be getting nowhere, but you are so invested in success that the thought of giving up is not plausible.

To give in would be to admit failure and weakness.

However, things are taking their toll as you repeatedly throw yourself against the castle wall. It seems life is dead set against you succeeding. Is it time to let go of the struggle?

Explore more with [ACT and letting go](#), there is also an interesting poem called 'A Natural Unfolding' further down the page. And remember, you can always go back to the same struggle if you should choose to do so.

John.



"Today, I have a choice. I can resist reality and suffer pain or peacefully accept what I cannot change."
~Karen Casey

Sketches in Stillness.com

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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 16th June 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 or judithenticott@recoverycymru.org.uk for more details.

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