

Mastering Recovery

A Newsletter on Long-Term Sobriety



#22 -- December 1, 2021

Mindfulness in Busyness

Sometimes it's hard to stay mindful when the world is moving so fast.

Do it anyway. That's when we need it the most.

What I'm Thinking

Yes, it's the month of being busy! By the end of the month we might all be exhausted just from the season, not to mention whatever the pandemic might evolve into through the next thirty days. With these and many more competing for our attention I know I find it hard to maintain my mindful focus on what is around me.

If I am not being mindful of my experiences and surroundings, I will most certainly miss opportunities to work on my recovery mastery. Mindfulness is what allows me to take the necessary personal inventory to see what's happening in my life and recovery. It helps me determine what is going well (healthy, pro-recovery) and what isn't going as well as it could (unhealthy, anti-recovery.)

That is based on our ability to feel a sense of freedom from resentments, cravings, loss of control. That is what we call autonomy, making healthy choices. When "busyness" takes over, we get swamped, lost, overwhelmed, disconnected, unable to make healthy choices. Therefore it is essential that we make mindfulness a habit that supports our autonomy. We need to believe we can make healthy decisions; that our substance use disorder and its many demands is not in charge.

The habit of mindfulness needs to be supported and enhanced on a regular basis. Take time each day in this season to be mindful of the season and what it can mean. You have the choice to respond.

Handwritten signature in blue ink.

From **Mindful**:

The “One-Thing-at-a-Time Meditation.” The practice is simple: pay attention to the thing you’re doing while you’re doing it.

To help you build this practice into a habit, we recommend using a simple strategy called Notice-Shift-Rewire that we have developed in our work with busy professionals.

- The key is to first *Notice* when you’re caught in the state of busyness.
- The next step is to *Shift* gears and bring your attention back to the present moment by focusing on the task at hand.
- The final step is to *Rewire*, savoring the experience of being fully engaged in what you’re doing.

Like formal meditation, the only way to experience the full benefits of this practice is by building it into a regular habit. This can be aided if you work to

- Carve out stimulus-free moments and
- Slow down.

Was this email forwarded to you?

Click button for your own subscription.

Subscribe

Whether you got this directly from me or had it forwarded to you- why not forward it to someone you think might be interested?

Picture of the Week



The headwaters of the Mississippi

From Small Things...

River at Lake Itasca, MN. Much different from the rest of the river. From humble beginnings are great things built. Just like recovery.

Quote of the Week

We are disturbed not by the things that happen, but by our thoughts about the things that happen.

-- Epictetus (from [Mindful](#))

Tools and Resources

I was introduced to the group, *Center of Addiction and Faith* and Pastor Ed Treat at the MARRCH Conference in October. They are not trying to be a recovery support group as such. They describe themselves as

- ... a movement of God's Spirit, to open the church and other faith communities to better understand the extensive ramifications of addiction of every kind, and how to respond.

They have produced webinars, an excellent app, and have held a national level conference in Minnesota. If you are church connected or know of a pastor in recovery or who is interested in helping develop their church's awareness and ministry, here is the link.

[Center of Addiction and Faith](#)

If you are aware of other such groups or movements in churches or any faith communities, [email me](#) and I will add them to my resources.

~~~~~

DISCLAIMER: These resources may contain affiliate links, which means that if you click on one of the product links, I'll receive a small commission. This helps support the newsletter and allows me to continue to share mastering recovery.

Thank you for the support!

## What I'm Working on

### Updates

As I look forward to 2022(!) I am considering ways I can reach out with the ideas behind long-term recovery. I will continue with this weekly newsletter and dig more deeply into the long-term recovery ideas. Beyond that there are many possibilities. You can help me by thinking about the following questions.

1. Any questions you want me to talk about?
2. Any specific area of long-term recovery that you would like to see me cover here?
3. Would a webinar or online course on mastering recovery be something you would be interested in?



4. Would you like me to do a presentation (most likely Zoom) for your group or organization?

**Email me** with any thoughts

I will send out a non-newsletter email after the holidays with more specific thoughts. This newsletter group will be the source of ideas. So, let me know what you think. Thanks!

---

## **Barry Lehman**

4903 16th Ave NW,  
Rochester MN 55901 United States

Copyright © 2021



You received this email because you signed up on my website. Spam is not part of recovery. If you don't wish to continue to receive this newsletter you may unsubscribe.

[Unsubscribe Here](#)