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Mastering Recovery

A Newsletter on Long-Term Sobriety

#5 -- August 5, 2021

Mastery Defined

Mastery is the desire to get better at something that matters.

It is not a destination or a place we reach.

It is a way of thinking about oneself and the world.

What I'm Thinking

Olympic gymnast Simone Biles made headlines last week when she took care of herself. To some it meant she was a quitter, but the overwhelming response was positive. As reported on Fast Company's website, USA Gymnastics said in a statement:

We wholeheartedly support Simone's decision and applaud her bravery in prioritizing her well-being. Her courage shows, yet again, why she is a role model for so many.

Here is a champion; one of the greats. Here is a person who has shown mastery in her field. She has now shown mastery at the importance of life. She has done everything possible to get to where she is. She has also shown that sometimes we have to pause and take a rest. We need to develop a mindful awareness of who we are as a person. We have to take an inventory of ourselves and see where we need to make an adjustment in what we are doing. Our health and well-being is part of what we need to see as important.

We may have to face some stigma attached to what we are doing. Recovering people know the problem of facing stereotypes and judgments about what we need. Substance Use Disorder is a brain dysfunction. So are most mental health concerns. To stand up and say I need to take care of myself at this moment in time is an act of resistance to a win-at-any-cost culture.

Simone came back and competed again. She did it when she was ready and knew she could help, instead of hinder the team. She didn't take gold, but she took home much more than that- she took herself and her health.

Congratulations, Simone. You are showing us that mastery works.



Facing Challenges - Building Recovery

As you continue in long-term sobriety, you will develop mastery. The mindful awareness that mastery can help build is one important way we can face the challenge of stigma. Don't let the stereotypes pull you away from health and mastery.

Some habits and observations of Mastery:

- Have a growth **Mindset**—*We are capable of infinite growth.*
- Be **Persistent**—*It's worth the "pain" to stick to it.*
- It will be **Mentally demanding**—Be aware.
 - **Ongoing growth** will occur. BUT we can never fully achieve mastery. We can always get better at whatever is important to us.

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Picture (and Quote) of the Week

It is never too late to be what you might have been.

---George Eliot



Just Keep Moving

Stay focused.

You have only just begun -
and the best is yet to be.

Have You Seen This?

From the article referred to above from Fast Company's website:

The most significant show of determination at the 2020 Tokyo Olympics was Simone Biles walking away from the competition to focus on her mental health.... If the #GOAT can stand up and say, "I need to take care of myself," it empowers others to do the same. Role models have the power to chip away at any stigma around mental health and make it easier for others to open up and seek help. Many people who suffer from anxiety or depression have years of experience at faking wellness... [S]ociety is getting better at talking about mental health. The show of love and support for Biles proves that there is courage in speaking up and saying "no."

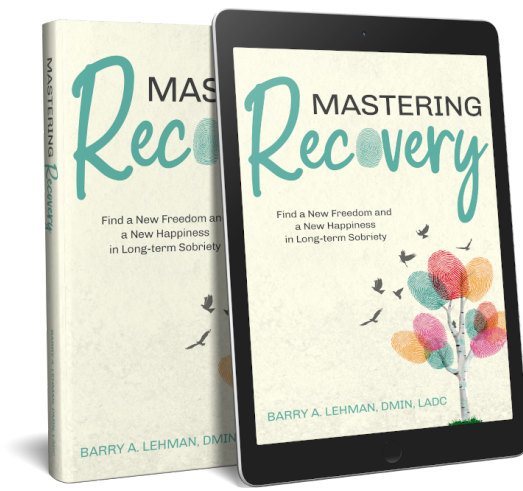
[Fast Company's Website](#)

Tools and Resources

- **Don't let stigma create self-doubt and shame.**
- **Don't isolate yourself.**
- **Don't equate yourself with your illness.**
- **Speak out against stigma.**

from [Mayo Clinic website](#).

Book Update



Join the team.

It's Getting Close!

Wednesday, September 1

Sign-up below.

You will get an email with suggestions on what you can do to help as part of the team and a link to a free PDF of Part One of the book.

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