

Join the Mastering Recovery Launch Team Here

Mastering Recovery

A Newsletter on Long-Term Sobriety



#9-- September 1, 2021

Mastery and Self-Care

Being intentional about taking care of oneself through rest and recreation and doing it mindfully.

What I'm Thinking



I came up with this week's topic sitting at a baseball game. It was a remarkably beautiful day. I was part of a group of brass musicians who had played the National Anthem in centerfield at the start of the game. What a joy.

We had seats in the left field bleacher section. I was in shade until the top of the eighth inning. I have been a baseball fan since I knew what baseball was. There is nothing like a wonderful afternoon at the ball park.

I was taking a day off. Rest and recreation at its best. I decided to just be mindful out there in left field. That meant paying attention, non-judgmentally. I enjoyed the kids trying to convince the left-fielders to throw them the ball. I enjoyed the way the fans behind me complained about the umpire as if they, 400 feet away, could see better than he could. I thought about all the many, many minutes the players had to just stand there, doing nothing but paying attention.

Like I often say- that's just like life. I felt the wonder of the day, the way the crowds enjoyed being with each other- visiting, watching, talking about the game. Can I adopt that same mindfulness to what I do each day? Can I be mindful even as I sit here writing this down?

Can I discover that same rest and recreation in all that I do? I have to be mindful and that means:

I must practice these principles in all my affairs. A day like Sunday can help me remember to do that.



Facing Challenges - Building Recovery

The pandemic has been a real test of self-care for many. It was tough to stay positive and hopeful, feeling isolated and uncertain. There were times of poor self-care, sleep, obsessing over the situation, bad eating habits, and no exercise that resulted in anxiety and more worry. Two questions to ponder and journal about when faced with times like that:

What am I letting get in the way of my mindfulness and awareness of myself and others?

Am I doing the next right things or trying to do it my way?

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Picture of the Week



Follow the Trumpet

Do you follow the things that enrich you or do you let time and events dictate what you do? How can you balance it?

Follow what feeds your soul.

Have You Seen This?

A recent article in *US News and World Report* listed the ten most common signs of addiction. Even for people in long-term recovery, the list makes a good starting point for taking an inventory for indications of possible return of the disease.

[Link to US News Article](#)

Quote of the Week

Almost everything will work again if you unplug it for a few minutes, including you.

- Anne Lamott

Tools and Resources

You Tube is a good source of mindfulness meditation videos. Here is a link to a ten-minute meditation for relaxation and calm.

[Mindful Meditation on You Tube](#)

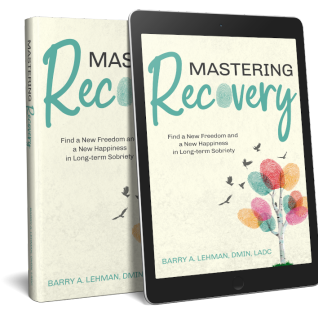
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## Book Update and Launch Team Info



1. ***The Launch Team time is approaching.*** Click below for more information on what you can do to help Mastering Recovery get officially launched on **October 4**. A kick-off email will go out to the launch team after Labor Day.

2. ***There will be a free self-inventory journal*** available to all who purchase the book. It will contain three weeks of ideas, prompts and questions to help people find their mastery starting point.

[Join the Mastering Recovery Launch Team Here](#)

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