

Health & Wellness Newsletter



Mental Health

Are You an Addiction Enabler

When you have a friend or family member who has an addiction, you may find that you have to practice “tough love.” This means that when you are asked for money that could very well go toward buying drugs or alcohol, you will have to say no.

Since you care for your loved one, you may be tempted to agree to the request. But the best thing you can do is stand strong, remember that this person needs your help to get better, and simply say the word: “No.”

“Don’t feel guilty, because you are doing them good by saying no,” advises Thomas Kosten, MD, Jay H. Waggoner chair and founder of the division of substance abuse at Baylor College of Medicine in Houston, Texas.

While you may not be able to control all the external factors that afford your loved one access to drugs or alcohol, you can certainly control your role in the process.

Think about the things that you do for your loved one with the addiction. Do you:

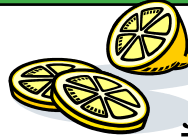
- Provide money that may be helping fund their substance abuse?
- Allow the addict to come back and live with you even though he isn’t complying with addiction treatment?
- Cover for her when she misses work or school?
- Provide transportation to places where he may be engaging in substance abuse?
- Continue to help with legal troubles related to the addiction?
- Keep quiet when the person is disruptive or abusive?

If you answered “yes” to even one question, you may be contributing to your loved one’s addiction.

If Once you realize that you are enabling your loved one’s addiction, it’s time to put your foot down.

Try taking these steps:

- Talk about it. Instead of just saying no, discuss why you don’t want to provide the money or do other favors. “Say, ‘We’ve got to do something about this,’”
- Stay strong. Your loved one may be very persistent about needing money or other assistance from you. Expect this, and make a pact with yourself to resist the desire to “help.”
- Set limits. Use saying no as an opportunity to set limits and steer your loved one toward getting help for the addiction. By withholding money, transportation, or other favors until your loved one seeks help, you are doing your part to help fix the problem. You may very well feel guilty when you say no because you care for the person deeply and only want to help. But remember that by saying no, you are doing the best thing you can to help your loved one accept the negative consequences of addiction, which is an important step toward recovery.



Healthy Dessert Recipe

Baked Apple Streusel

- 4 medium apple, peeled, cored and thinly sliced
- 1/2 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 2 tablespoon fresh lemon juice
- 1/4 cup all-purpose flour
- 1/4 cup uncooked old-fashioned oats
- 3 tablespoon reduced-calorie margarine

Preheat oven to 350°F.

Stir together apples, 1/4 cup of brown sugar, cinnamon and lemon juice; pour into a 1 1/2 quart baking dish.

Cut flour, oatmeal, remaining brown sugar and margarine together with a pastry blender or fork in a medium bowl; sprinkle over apple mixture.

Bake until apples are tender and top is browned, about 45 minutes. Yields about 1 cup per serving.



Quote of the Week

“I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom, and that of all about me, seemed insufficient for the day”

Abraham Lincoln

“After we have made our requests known to Him, our language should be, “Thy will be done.” I would a thousand times rather that Gods’ will should be done than my own.”

D. L. Moody



Spiritual Health

Lord, make me an instrument of your peace,
 Where there is hatred, let me sow love;
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 where there is sadness, joy;

O Divine Master, grant that I may not so much seek to be consoled as to console;
 to be understood as to understand;
 to be loved as to love.

For it is in giving that we receive;
 it is in pardoning that we are pardoned;
 and it is in dying that we are born to eternal life.

Amen

St. Francis of Assisi



Emotional Health

Emotional Benefits of Prayer

When we see we have a need, whether emotional, physical or spiritual, and we are seeking help with it from God we are exercising our faith. Many studies have been done and reports released on how faith makes us whole. It is a very real and powerful force that has been credited with everything from dissolving cancerous tumors to relieving the need for psychiatric medication. Faith is set in motion every time we pray and hand our struggles over to God, and it is the releasing of this force that changes our destiny.

Prayer is communication with God. In fact, one of the dictionary definitions is “an act of communion with God, such as in devotion, confession, praise or thanksgiving”. The practice of prayer can change our emotional makeup. We come before a God of love and it is His unconditional love for us that brings healing. We learn that in spite of all of our weaknesses and faults He loves us anyway, and it is with this realization that we see our value. Once we understand that to the Creator of the universe we are valuable, there is no limit to what we can attain to here on earth.



Joke of the Week

