

NEWSLETTER- March 2023



Infinity Peer Support



Self-Renewal

Self-renewal is the choice, curiosity, and courage we bring to ensuring that our life is moving forward, with every age and life phase bringing us closer to becoming our authentic selves in the world. Becoming a leader demands that we take the time to probe the fearful and wonderful world within. That we identify our purpose and values beyond the self and stand for something.

By the time we reach our twenties, our family, friends, school, and society in general have framed our story of how to be. But we begin to “become” leaders at the moment when we decide for ourselves how to be. We must separate who we are becoming from who the world thinks we are and wants us to be. Otherwise, by midlife many of us will become accomplished fugitives from ourselves.

To paraphrase the bumper sticker – “stuff happens” -. We cannot avoid the stuff of life, but we can change the way we respond to it.

Here are eleven powerful ways to renew yourself.

1. GIVE YOURSELF A TIMEOUT

At the same time that our culture preaches self-love and digital detoxes, many Americans are working more than ever. The rat race remains glorified – and finding the time can be the most difficult part of how to renew yourself emotionally. Allow yourself to unplug. Allow yourself to prioritize your own spiritual and mental well-being. Let the process of self-renewal begin with giving yourself permission to fully pursue it.

2. IMPROVE YOUR SELF-AWARENESS

Self-awareness is key to everything we do in life – we cannot set goals, make plans or ever find fulfillment if we don't know what it is we truly want. To discover this, we must stop being blinded by our own subjective emotions and begin to see ourselves for who and what we really are. That is self-awareness, and it is the ultimate power.

3. BUILD A NEW BLUEPRINT

Part of improving our self-awareness is to recognize – and admit – when we are living according to a blueprint that has been set for us, rather than one that follows what we really want. Ultimately, learning how to renew yourself means recognizing that the nice house, the fancy car and the expensive suit won't bring you fulfillment unless there is a purpose behind it.

4. REVEAL YOUR PURPOSE

Our purpose is what drives you. It's what gives your life meaning. And you cannot know how to renew your life if you don't know your purpose. People are not lazy. They simply have impotent goals – that is, goals that do not inspire them. Connecting your goals to your purpose is what will get you out of bed every morning with energy and vitality, ready to tackle the tasks at hand.

5. BREAK YOUR PATTERNS

People live in patterns. Patterns serve an important purpose but they also can be one of the things that keep us from achieving our goals: We get stuck in the same habits. If you do what you've always done, you'll get what you've always gotten. Only when you recognize and break your patterns can you discover how to renew yourself emotionally.

6. EXAMINE YOUR LIMITING BELIEFS

One way to break your patterns is to examine what you believe about yourself. It's harder than it seems: We often know what we think of others and of outside events, but we're less likely to listen to our own self-talk. It's harder to identify our own limiting beliefs. Yet these beliefs are what hold us back from achieving our dreams. Oprah said that "You become what you believe." Unless you believe that you can become the best version of yourself, you never will. "

7. TRANSFORM YOUR HABITS

Success lies in the small choices we make every day. It means creating an empowering morning ritual like priming or yoga. It means feeding your body the right fuel and feeding your mind the right information. To create a massive shift in how to renew your life, you must first eliminate bad habits and replace them with empowering ones.

8. SURROUND YOURSELF WITH GOOD PEOPLE

We've all heard the phrase, "You are who you hang out with." Who you spend time with is who you become. To renew yourself, sometimes you must renew your social group. You must choose to surround yourself with people who will lift you up, not bring you down. Once you raise your standards, you'll level up your achievement in life.

9. PRACTICE GRATITUDE

No matter where you are in life, the power of gratitude is key to how to renew yourself. Adopting an abundance mindset will transform the way you see the world. It will allow you to escape your scarcity mindset and approach life from a place of emotional and spiritual wealth. You can start a gratitude journal, learn how to practice mindfulness or train your mind to pair any negative thought with a positive one. A true attitude of gratitude makes us feel renewed every moment of every day.

10. FACE YOUR FEARS

There is a shortcut to how to renew yourself: Get out of your comfort zone. Interact with people you wouldn't normally interact with. Learn a new language or instrument. Go sky-diving or take a hot air balloon ride. Perform at a comedy or music open mic night. The only way to overcome your fears – and your limiting beliefs – is to face them. Starting right now.

11. GIVE BACK

Facing your fears will bring you the personal growth you crave – but only giving back can bring you real fulfillment. Whether you volunteer your time, your skills or your money, giving to others will make you realize how abundant your own life is. It will help you connect with a higher purpose and discover the gift of grace. It seems counterintuitive, but it's true: Only in the act of giving back will you ever learn how to renew yourself.

Stay happy and healthy,
Carole Otash
Director of Operations

From Winter into Spring

As the days get longer and the temperatures warm, crocuses bloom—sometimes up through the snow—followed by daffodils and tulips.

The sap runs in Sugar Maples. Collect enough sap and boil it down into maple syrup to top blueberry-buttermilk pancakes, bread pudding, French toast, etc.

March 20 heralds the vernal equinox, when the Earth's orbit creates equal periods of daylight and evening across the globe. Many people note it as the first day of spring.

(September 23 is the autumnal equinox, another time of the year when this phenomenon occurs.)

Spring is a time of rejuvenation and renewal. Birds build their nests to cuddle their eggs. Baby animals are born: squirrels, raccoons, deer, etc.

What can you do to rejuvenate yourself each year?

Treat yourself with kindness. If you're feeling anxious, cut yourself some slack and don't be so hard on yourself. Sometimes, we are our own harshest critics.

Love yourself, first and foremost. Before you can give love, it helps to love yourself, first.

Soak in a bathtub. Relax the evening away with a warm soak in bubbles or try essential oils to perfume the air with eucalyptus, lavender, beach rose, etc.

Try aromatherapy. Essential oils can mellow you out (e.g., lavender) or lift your mood (e.g., orange).

Listen to music. Music can have many effects on your mood. Classical music can put you to sleep (e.g., Beethoven's Pastoral Symphony). It can also make you want to dance the tango (e.g., Ravel's Bolero).

If you want to be happy, you might listen to rhythm & blues (e.g., Louis Armstrong's What a Wonderful World, funk/soul (e.g., Bobby McFerrin's Be Happy) or pop music (e.g., Katy Perry's Firework), etc.

If you want to aspire to something different/be treated differently in your life, you might listen to blues (e.g., Otis Redding's/Aretha Franklin's RESPECT), alternative rock (e.g., U2's I Still Haven't Found What I'm Looking For) or rock (e.g., Paul Simon's Diamonds on the Soles of Her Shoes), etc.

If you like instrumental music, you might listen to rhythm & blues (e.g., Booker T. & the MGs' Green Onions), etc.

Whatever path toward renewal you choose, I hope you enjoy the process of finding new habits that work for you.

Sharon Reynolds, Peer Facilitator



MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 Winning Against Relapse	2 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Shopping Healthy on a Budget 6:30 NA Meeting	3 Question of the day 9:45 Meditation 10:30 Vision Boards 1:00 Singing and Dancing
6 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 The Body Keeps the Score	7 Question of the day 10:15 Journaling: Peculiar Pet 10:30 TED Talks 11:00 Digital/Book Coloring 12:30 Reiki with Renee 7:00 NA Meeting	8 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 Winning Against Relapse	9 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Shopping Smart 6:30 NA Meeting	10 Question of the day 9:45 Meditation 10:30 Goal Setting 1:00 Fun and Games
13 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 The Body Keeps the Score	14 Question of the day 10:15 Journaling: En-title-ment 10:30 Ted Talks 11:00 Digital/Book Coloring 12:30 Reiki with Renee 7:00 NA Meeting	15 Question of the day 8:00 Staff Meeting 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 12:30 Community Meeting	16 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Shopping Healthy on a Budget 6:30 NA Meeting	17 Question of the day 9:45 Meditation 10:30 Vision Boards 1:00 Singing and Dancing
20 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 The Body Keeps the Score	21 Question of the day 10:00 NH Mental Health Peer Alliance 10:15 Journaling: Pick Six 10:30 TED Talks 11:00 Digital/Book Coloring 12:30 Reiki with Renee 7:00 NA Meeting	22 Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 Winning Against Relapse	23 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Shopping Smart 6:30 NA Meeting	24 Question of the day 9:45 Meditation 10:30 Goal Setting 1:00 Fun and Games
27 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 The Body Keeps the Score	28 Question of the day 10:15 Journaling: Chip of the Old Block 10:30 Ted Talks 11:00 Digital/Book Coloring 12:30 Reiki with Renee 7:00 NA Meeting			

Calendar Subject to Change

Infinity Peer Support

Location and Contact

55 Summer Street, Rochester, NH 03867 • **Phone:** 603-948-1036 or 603-948-1048

info@infinitypeersupport.org

www.infinitypeersupport.org

Limited Transportation in March: Call 603-948-1036

Business Hours: Monday—Friday (In-Person) 8 AM—5 PM, Tuesday, 8-4

Providing a non-medical approach to mental health wellness and recovery for adults 18 years of age and older who reside in Strafford County.

All services are free-of-charge.

To receive our calendar and newsletter, call (603) 948-1036 or email us at info@infinitypeersupport.org Visit our website at www.infinitypeersupport.org for more information.

Infinity Peer Support Mission Statement

Mission Statement: Our members are dedicated to building a community with an alternative, peer-oriented approach to mental health wellness and recovery.

Warmlines

Warmlines are located all over the State of NH. These telephone lines are staffed by peers and provide support to people who are struggling to cope. **You do not have to be in a crisis to contact warmlines.**

To be on a Warmlines Outreach Call List, call Infinity Peer Support at 603-948-1036.

Alternative Life Center, Conway, NH: 1-866-447-1765, Every Day: 5 PM—9 PM

Connections Peer Support Center, Portsmouth, NH: 603-427-6966, 1-800-809-6262, Every Day: 5 PM—10 PM

CornerBridge, Laconia, NH: 1-800-306-4334, Every Day: 5 PM—10 PM

Monadnock Peer Support, Keene, NH: 1-866-352-5093, Every Day: 5 PM—10 PM

Stepping Stone, Claremont, NH: 1-888-582-0920, Sun., Mon., Wed: 4 PM—9 PM, Tues., Thurs., Fri., Sat.: 4 PM—8 PM

Helpful Phone Numbers

Suicide Prevention Lifeline: 1-800-273-TALK

Bipolar Support Group: (603) 431-6703 x 3167 (Diane Cyr)

Sexual Assault Hotline: 1-800-277-5570

Domestic Violence Hotline: 1-866-644-3574

Peer Respite

Due to COVID-19, some peer respites are operating at reduced capacity or are shut down.

H.E.A.R.T.S. Peer Support Center, Nashua, NH: (603) 864-8769 or (603) 882-8400

Monadnock Peer Support, Keene, NH: (603) 352-5093 or (866) 352-5093

Stepping Stone, Claremont, NH: (603) 543-1388 or (888) 582-0920

Vaccine Update

Visit vaccines.nh.gov for more information about vaccines: qualification and registration. You have to register before you can be scheduled for a vaccination date and time. If you do not have a medical provider, call 2-1-1 for more information.

Rochester Fixed Vaccination Site: No Appointment Needed. Walk-Ins Welcome.

Spaulding Commons, 306 North Main Street, Rochester, NH 03867. Open Monday through Friday 10 am to 7 pm and Saturdays 9 am to 2 pm.

COVID-19 Testing

If you would like to be tested for COVID-19, call your medical provider, call Convenient MD at 1-822-263-0131, register at https://prd.blogs.nh.gov/dos/hsem/?/page_id=8479 or call 603-271-5980.

Community Action Partnership of Strafford County – 603-435-2500 – Help with food, shelter, jobs, healthcare, fuel & electrical assistance.

Information Referral – **Call 2-1-1** or 866-444-4211 – 24 hours per day.

NH Legal Aid – The Centers for Disease Control extended the eviction ban until January 31, 2021. Visit nhlegalaid.org or call 800-639-5290 for more information.

Seacoast Street Outreach (ages 12 to 22) – 603-851-1320 or 603-716-6083

Shelter Referral via Coordinated Access – 603-435-2448

Call first and they will attempt to locate shelter in the area. May need to leave number and wait for call back.

Additional Services

Bureau of Elderly & Adult Services: If you suspect an elder or adult needs help, call 1-800-949-0470 or 603-271-7014.

Peer Substance Use Disorder Support: SOS Recovery Community, located at 4 Broadway in Dover, 603-841-2350, ext. 2 and are located at 14 Signal Street in Rochester, 603-841-2350, ext. 1.

Hand Up Syringe Exchange Service

- Mondays, 6 to 7:30 pm, Olde Farm Lane, Rochester, NH.
- Tuesdays, 5 to 6 pm, St. Thomas Church, Dover, NH.
- Wednesdays, 6 to 7 pm, Elm Street, Somersworth, NH.
- Fridays, 6 to 7:30 pm, Olde Farm Lane, Rochester, NH.

Transportation

COAST Bus (New Schedule): (603) 743-5777. If you need bus tickets for wellness appointments or court obligations, visit Infinity Peer Support.