



Peer Perspective Newsletter

June, 2019

One of the most important skills I have learned in regards to getting and staying well is positivity. When I learned to change negative thoughts into positive ones and changed my language to reflect positivity, I began to view the entire world through a positive lense and when my perception changed, my life changed with it. Learning to change my perception was not easy, it took time and a lot of practice.

One simple exercise that helps lift my spirits when I'm feeling down is just to focus on positive words and let them fill my mind. I usually find that doing this results in feeling "lighter" and signals the beginning of a mind/body change into feeling better. The following is one example of how to focus on positive words.

Enjoy,

Tracy, Certified Peer Specialist

The Power of Words

Y S E H F X G A J N E S C T U
X T O D Q A D J O U S S O N G
L P I E U V I I T R O E M O W
E Z F L O C T T E Y P N M P I
Z N M C I C A W H H R E U I V
U A A P E B O T E R U V N T J
Y C B L P P A C I H P I I S B
Y R F W M N H T I O E G T D E
Y E V E S W N T N F N R Y E R
R Y R E V O C E R U V O M I Y
A W A R E N E S S O O F H L G
G R O W T H M K I H P C K Q R
T X H X J A D B D F G P C X A
G I E S L C R W C C E B U A C
T V G K O D J A R V G W B S E

ACCOUNTABILITY
ADVOCACY
AWARENESS
COMMUNITY
EDUCATION
EMPOWER
FAITH
FORGIVENESS
GRACE
GROWTH
HOPE
PURPOSE
RECOVERY
REFLECTION
SUPPORT

We are the evidence; We hold the hope.