

the Recovery Route

PUBLISHED BY THE DEPRESSION AND BIPOLAR
SUPPORT ALLIANCE OF OKLAHOMA

MISSION

*TO IMPROVE
THE LIVES
OF PEOPLE
LIVING WITH
MOOD
DISORDERS*

Open House / Christmas Party

Wednesday

December 17, 2008

4 P.M.—7 P.M.

Come and go at your leisure.

All Support group attendees and facilitators
invited. Food and drinks provided.

Open House/
Christmas Party 1

Facilitator Training 2
by National

Three month 3
Calendar

12 Moods of Christ- 4
mas



January 10, 2009

DBSA National in
Chicago is
COMING TO OKC!

DBSA-OK URGES ALL TO ATTEND!

WHY? To give us an IN-DEPTH,
ONE DAY Training
For Facilitators.
If you want to be trained,
want a refresher course, or
Just want to see what it might be
like,
JOIN US!

FACILITATOR TRAINING

FREE!

**All supplies are free. The class is
free. Even lunch is free!**

DO NOT MISS OUT ON
THIS ONCE-IN-A-
LIFETIME OPPORTUNITY!



The location will be Metro Technology Center at
1900 Springlake Drive.

Maps available when registering.

TO REGISTER- AND YOU MUST
REGISTER IN ADVANCE
EMAIL RAVE or CALL THE DBSA-
OK Office
rave@coxinet.net or 286-9370



Depression and Bipolar
Support Alliance

UPCOMING EVENTS



Please mark the following items on your calendar if you wish to attend...and don't forget to call the DBSA-OK office if you must register in advance!

DECEMBER

- 15th DBSA-OK Board Meeting 5pm
- 16th Suicide Prevention Conference Metro Tech- Springlake Campus
- 17th DBSA-OK Open house/Christmas Party 4—7pm
- 25th Christmas Day- DBSA-OK Offices closed
- 26th DBSA-OK Offices closed
- 31st New Years Eve

JANUARY

- 1st DBSA-OK Offices closed
- 5th DBSA-OK Board Meeting 5pm
- 10th Facilitator Training at Metro Tech 10 am—5 pm
- 20th- 23rd Hayden Donahue Psychiatric Grand Round Conference- Tulsa
- 21st Facilitator Summit

FEBRUARY

- 2nd DBSA-OK Board Meeting
- 11- 13th 2nd Annual Combined Mental Health, Prevention & Substance Abuse conference- Embassy Suites, Norman, OK
- 18th Facilitator Summit



Congratulations to Linda Kauffman, Facilitator of the DBSA—ADA group! She was requested to speak in October at the East Central University for the Psychology Graduate Students! Her subject? Depression, Mood Disorders and Anxiety. Way to Go Linda!

OKLAHOMA
DEPRESSION &
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ALLIANCE

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**WE'VE BEEN THERE,
WE CAN HELP.**

The 12
Good
Moods
of
Christmas

1. **Eat healthier foods.** Uh huh. Ya, right. Note: I did not say "healthy", as in, "don't even look at unless it is celery." I said "healthier," as in, "I'll have three cookies and a glass of milk instead of a dozen or so and a Coke."
2. **Reduce alcohol and caffeine.** If you can cut them out completely, even better. Since I have coffee beans on the top of this newsletter, you might guess what my personal practice is.
3. **Be gentle and compassionate with yourself and others.** Give yourself a vacation from observing what irks you about yourself and your relationships and do some really nice stuff for each other. No strings attached.
4. **Be silly and laugh!** I mean it. Play Twister, watch the movie that always makes you laugh, send someone a funny YouTube video or pop loud bubbles with bubblegum (especially if you weren't allowed to do that growing up.)
5. **Utilize good scents and lighting to set a good mood.** Picture: white twinkie lights, a dozen scented candles, and a roaring fire. Who could possibly stay upset in that scene?
6. **Get a manicure or pedicure.** Make sure a massaging chair is involved, the water is just right, and you either a) catch up on all the latest "trash magazines" or b) close your eyes and just melt away.
7. **Wash your hair and style it.** I just can not stay miserable when I'm having a really good hair day. True that.
8. **Shave.** This applies to male or female. If you have a beard: trim.
9. **Take a long, hot bath or shower.** Looooonnnngggg... and until the hot water runs out. (Unless your sister is waiting in line for her turn.)
10. **Take a walk.** It is more like stroll, leisurely. You can go brisk if you'd like, but that usually creates more stress for me.
11. **Pray/Silent Moment.** Pour it all out there. Tears and begging optional but can be highly effective when necessary.
12. **Listen to your favorite song.** Play it loud, all through the house, while dancing with abandon (think Tom Cruise dancing in his underwear in Risky Business.) I'd suggest that you play your music loud while driving fast, with the top down, which always does it for me. But it's December, it's illegal to go that fast (though maybe I have once or twice by accident), and hardly anyone has a convertible on hand.

Courtesy of Tami Green at www.borderlinepersonalitysupport.com