

Archway Station Short Takes

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choose “Resources I links” located at the top, right of the page,
then select Archway Short Takes”

Archway Station
Wellness &
Recovery Center
121 Memorial
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Cumberland, MD
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301-724-2582
Ext. 5118
Website:
archwaystation.net

Special Points of Interest:

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Self-esteem, simply put, is how you feel about yourself. And while our self-esteem begins to develop in early childhood, it is not set in stone. In fact, self-esteem is ever-changing throughout your life. There may be times when your self-esteem is at an all time high, and others when it has taken an undesirable dip, perhaps due to a stressful life event or mental health struggle, like clinical depression. Everyone has the power to develop their self-esteem independent of help from others, and the benefits are significant.

Having a healthy self-esteem is not simply about liking yourself more. It is also a way of improving your mental health. In fact, for those with existing mental health struggles, such as severe depression and anxiety, boosting self-esteem can increase feelings of worth and help you manage feelings of sadness, emptiness, etc. Also, a healthy self-esteem can help ward off mental health concerns altogether, as low self-esteem is one of the main major depression causes.

Stop the negative self-talk

How do you describe yourself – intelligent, stupid, beautiful, ugly, kind? The labels we assign ourselves are endless and often, the negatives outweigh the positives. Yet, these labels are not just meaningless words that flow in and out of our heads. They become ingrained, and begin to shape our perceptions, self-esteem, and even contribute to mental health concerns like clinical depression.

Accept your “flaws”

As human beings, we all have “flaws”; things we wish we could change or improve upon within ourselves. Yet, to stop these “flaws” from overpowering our self-esteem, it is important to separate the “flaws” that can be worked on, from those which are unchangeable.

For those unchangeable “flaws”, there really are only two choices: you mull over it, or you can choose acceptance. With acceptance, you can begin to move further away from personal struggle, whether it be clinical depression, or simply low-self-esteem. You might be wondering how you can just accept something you do not like, and it is all about a state of mind. Accepting your “flaws” does not have to mean you like them. It simply means you choose to no longer let something that cannot be changed have control over you. Acceptance allows you to spend less time and energy focusing on what you do not like, which gives you space to discover your strengths.

Celebrate your strength

Celebrating your strengths is simple activity to incorporate into daily life. And it only has to take up 5 minutes of your time. Take a moment to yourself once per day to reflect on what your personal strengths are. These can be things you like about yourself physically, but think also in terms of your personality, your abilities, your relationships, etc.

Some examples:

“I make my friends laugh.”

“I show love for my significant other.”

“I am a good caretaker to my animals.”

Once you acknowledge some of your strengths, write them down, and do something to celebrate them! Pick one and identify how it contributes to making your life better. Or, distinguish how your strengths have added to your accomplishments (no matter how small). If you have trouble with this at first, talk with your friends and family about each other’s strengths and successes. Hearing feedback from loved ones is helpful.

Practice self-care

Taking better care of yourself is one of the quickest ways to provide an instant self-esteem boost, but also one of the easiest things to ignore when you are not feeling up to the task. Practicing self-care takes effort and we can all find reasons not to do it. Maybe daily life, stress, or clinical depression has gotten in the way. And while it may take a bit of planning, practicing self-care is a must for positive self-esteem.

Self-care means focusing on yourself and your needs, through things like getting sufficient sleep, nourishing your body appropriately, engaging in daily hygiene, and participating in activities that promote a sense of peace and well-being. Examine your current self-care practices, and identify where you may be lacking. By boosting your self-care routine you will feel better about yourself, and things like clinical depression will be easier to manage.

Archway Station, Inc.

Person-Centered Planning Philosophy

Archway believes in and uses the philosophy and approaches of person-centered planning. One critical way to show respect for each person's individuality is through the use of person-centered planning which focuses on first, understanding the person and then, helping the person use effective decision-making skills to guide their journey of recovery.

Person-centered planning means that we listen to you closely in order to understand what is important to you in your life. We listen to what is and isn't working for you and what you think needs to change. Workers form a helping partnership with you and work together on a plan that is meaningful to you. We help you find a main goal to work on and break it down into a few steps that will help you reach your goals.

REACHING YOUR TEAM

This directory can help you reach your team and other Archway Staff

Queen Street 301-777-1700

Team 1 (Community Based Support Services - PRP)	Press 1
Team 2 (Community Based Support Services - PRP)	Press 2
Team 3 (Community Based Support Services - PRP)	Press 3
Intake & Enrollment	Press 4
CAYA	Press 5
BHA Residential Services	Press 6
DDA	Press 7
Dee	Ext. 2118
Wendy	Ext. 2120
Chantal	Ext. 2125

Wellness & Recovery Center 301-724-2582

Health Home	Press 3
Wellness & Recovery Center Staff Office	Press 4
DDA House Managers	Press 6
Kitchen	Ext. 5100
Bernard	Ext. 5105

24/7 Residential

Longview	301-777-3208
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Community Residential

Piedmont	301-722-3863
Penn House Number	301-707-8647
Penn ² & Penn (Reach Both Houses at this #)	301-777-8492

40 Hour Residential

Utah	301-722-1314
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My HSW's extension is: _____

Wellness & Recovery Center Lunch

Mon, Wed, & Fri - Lunch served at W&R Center with Bread & Milk between 11am-11:45am.

Tue & Thu - Packed Lunches can be picked up at W&R at 11:00 am, if ordered by 10:00am at 301-724-2482 ext. 5100.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Pork Sandwich Chick Peas Strawberries	2 Leftovers
5 Honey Mustard Chicken Broccoli Apricots	6 Hoagie Red Pepper Strips Peaches	7 Chili Salad Pineapple	8 PB&J Sandwich Celery Banana	9 Leftovers
12 Pork Chop Mixed Veggie Cantaloupe	13 Turkey Sandwich Cherry Tomatoes Raisins	14 Fiesta Chicken Black Beans Blueberries	15 Ham Salad Sandwich Baby Carrots Clementine	16 Leftovers
19 Baked Ziti Tropical Fruit	20 Tuna Salad Sandwich Sliced Cucumber Kiwi	21 Cheeseburger Potato Wedges Pear	22 Chicken Sandwich Broccoli Fruit Cocktail	23 Leftovers
26 Salisbury Steak Mashed Potatoes Clementine	27 Ham & Cheese Sandwich Asian Salad Applesauce	28 Chicken Nuggets Baked Beans Fruit Cocktail	29 Turkey Wrap Cauliflower Raspberries	

February Archway's Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30 am – Group Mural 11:45 am- Frostburg Main Street	2 9:30 am- Coping Skills 11:45 am- Bowling
5 9:30 am – Forgiveness 11:45 am – Art w/Cindy	6 9:30 am – Trivia 11:45 am – Rec. Activity	7 9:30 am – Current Events Politics 11:45 am – Library	8 9:30 am – Boxes 11:45 am – Mind Body & Spirit	9 9:30 am – Addiction 11:45 am – Walmart
12 9:30 am – SUD Presentation 11:45 am – Questions & Answers (Christy)	13 9:30 am – Boxes 11:45 pm – Gym	14 9:30 am – Valentine Cards 11:45 pm – Market Day	15 9:30 am- Boundaries 11:45 am- Rec. Activity	16 9:30 am – Anger Management 11:45 am – Gabes
19 9:30 am – Questions & Answers 11:45 am – Art w/ Cindy	20 9:30 am- Sarah Mindful Eating 11:45 am- Library	21 9:30 am – YMCA 11:45 am – Downtown	22 9:30 am- Trivia 11:45 am- Gym	23 9:30 am – Personal Code Virtues 11:45 am -Rec. Activity
26 9:30 am – Sleep 11:45 am – Market Day	27 9:30 am – Inside Games 11:45 am – Self Care	28 9:30 am – Race 11:45 am – Rec. Activity	29 9:30 am – Mall Trip 11:45 am - Simple Cooking	

