

HUSKIES IN RECOVERY

SCSU Recovery Community's
Monthly Newsletter



STUDENT SPOTLIGHT

CONGRATULATIONS TO
OUR FIRST FEMALE
GRADUATE, JENNI M!

WHEN I GRADUATED HIGH SCHOOL IN MAY OF 2009, I HAD BIG HOPES AND DREAMS FOR MYSELF. I WAS SO LOOKING FORWARD TO STARTING COLLEGE, MOVING OUT ON MY OWN, AND GETTING MY COLLEGE DEGREE. LITTLE DID I KNOW THAT IT WOULD TAKE ME OVER 7 YEARS TO DO THIS. THE FIRST 4 OF THESE 7 YEARS WERE AWFUL, TO PUT IT NICELY.

I turned to my eating disorder and alcohol to make it through the stressful times. These coping methods never worked; instead, they made everything much worse. In January 2014, I withdrew from classes for the fourth time since I began college. I was in a dark place with the eating disorder and my substance use, and getting a college education was the farthest thing from my mind. After sobering up in June 2014 and spending the rest of that year completing treatment, I decided to go back to school to finish my four-year degree.

Although I had done all of my schooling at St. Cloud State up until this point, I had no intention of coming back here to finish up. I didn't think that I could come back to school in St. Cloud and stay sober. Then, I heard about SCSU's Recovery Community. It was almost as if my prayers were answered. If I moved into the Recovery Community, I knew I would have the support and fellowship to make it through school. And guess what? I was right!

I am so excited to say that as of today, I am officially done with my undergraduate studies! Woohoo! In the words of Elle Woods, "We did it!." Okay, enough with the Legally Blonde references. I am extremely grateful to the Recovery Community, especially Thaddeus Rybka, Jen Matzke, and Dr. John Eggers, for helping me realize my potential and most of all, for believing in me. I never could have finished college without the Recovery Community and these amazing people. I am excited for the future and hope to have the chance to continue my studies as a graduate student here at SCSU. Life is good, one day at a time.

RECOVERY RESOURCES

ST. CLOUD STATE UNIVERSITY

AA Meeting (open)
- Tuesdays @ 6pm
- Newman Center

Counseling and Psychological
Services
- Stewart Hall 103

Husky P.U.P.S. Drop-in Center
- Education Building A252

Free Substance Use Assess-
ments (E-CHUG & E-TOKE)
- stcloudstate.edu/uchoose

S.T.A.R.S. (Students Taking
Action in Recovery and Service)
- 320.308.6119

SMART Recovery (open)
- Thursdays @ 7pm
- Education Building A252

ST. CLOUD REGION

Alano Club
- Daily meetings
- 127 7th Ave NE, St Cloud
- 877.908.6058
- www.stcloudalano.com

Celebrate Recovery
- Joy Christian Church
- 320.469.0095

"You're Not Alone" NA
- Wed. at 7:00p
- St. Cloud Library

"Just for Today" NA
- Fridays at 7:00p
- Bethlehem Church

"A Way Out" CMA
- Mon. at 7:00p
- 1st Presbyterian Church

NAMI of St. Cloud
- 320.654.1259

BROADER REGION

MN Recovery Connection
- minnesotarecovery.org

Support, Research, and More
- recovery.org

Online Support Groups
- dailystrength.org

TIPS TO STAY SOBER DURING THE HOLIDAY SEASON

THE HOLIDAY SEASON IS A JOYFUL TIME, BUT IT CAN ALSO BE A STRESSFUL TIME, PARTICULARLY FOR THOSE IN RECOVERY. DON'T LET THIS HOLIDAY SEASON CATCH YOU OFF GUARD. THERE ARE WAYS TO PREPARE FOR THE HOLIDAY SEASON AND PROTECT THE GREATEST GIFT YOU CAN GIVE TO YOURSELF AND OTHERS, YOUR RECOVERY! ENJOY IT, REMEMBER IT, AND CELEBRATE YOUR RECOVERY JOURNEY! HERE ARE SOME TIPS TO CONSIDER:

- Practice self-care and avoid HALT! Becoming Hungry, Angry, Lonely or Tired can increase your risk of relapse. Make sure to get at least 8 hours of sleep per night in order to stay alert and avoid impulsive decisions.
- No matter how busy you are, take some quiet time each day to focus on reflection and meditation. Try reading out of a meditation book and practice deep breathing exercises.
- Keep busy! There are many healthy activities you can participate in. Attend support group meetings and holiday parties for people in recovery. Fellowship will help immensely. Please be sure to refer to our resources for support group meetings as well as upcoming events to get involved with.
- Pay it forward! Try volunteering or do a good deed for a person in need. This will get you out of your head and make you feel good.
- Have back-up plans ready ahead of time. Always have a means to leave a party early if you're getting antsy. Avoid vulnerable situations.
- Utilize your support network. Holidays are a good time to reach out more frequently to your recovery peers, therapist, sponsor or support group. Those who are truly supportive of your recovery will be happy to help you throughout the holidays.
- Complete a gratitude list. Back to basics! Gratitude is a key component of the holiday season. Why not embrace it and do some positive reflecting?

THANK YOU!

On behalf of the SCSU Recovery Community and the ISD 742 McKinley Sober High School we would like to express our gratitude for those who attended and promoted our Generation Found Screening. It was a huge success! We sold out the theater, raised over \$600, and had a wonderful panel discussion. There will be future screenings of the documentary in the new year. Stay tuned for details!

HOWL AT US



FACEBOOK.COM/SCSURECOVERY



TWITTER: @SCSU_RECOVERY



RECOVERY COMMUNITY
ST. CLOUD STATE UNIVERSITY



UPCOMING EVENTS

Recovery Rocks • January 24 6-8:30p @ the Atwood Quarry

Recovery Yoga • St. Cloud ALANO Club Dec. 21 from 7:15-9p

AA Speaker + Potluck St. Cloud ALANO Club • Dec. 29 from 5:30– 7:30p

Saturday Night Young People in AA
And Saturday Night Late AA

Invite you to a sober, celebration of
sobriety on New Year's Eve
Festivities start at 5:30 p.m.



December 31, 2016
@ 5:30 p.m.