

EAT GOOD. SLEEP GOOD. AND WRAP

“In the early days of my recovery,” writes Otto Schultz, “an old-timer asked if I knew the first two laws of sobriety. I was befuddled for a few moments, then the old guy said, ‘Eat good. Sleep good.’”

Of course, sound self-care is much more than eating and sleeping well, though they are certainly critical. Recently, several Faith Partners team meetings have explored the topic of self-care planning. Otto had more to say but as others spoke, it became clear that his self-care “plan” had many gaps since he’d never drawn up a plan.

One of Christianity’s foundational laws is “Love your neighbor as you love yourself.” Good self-care is half of this law. Other faiths have similar exhortations. Moreover, those team meetings only discussed planning for ordinary days. They didn’t even touch those times of intense emotions like hurt, anxiety, or grief nor did they discuss the challenges of personal or professional conflicts.

“I need help with self-care planning which is why I’ve registered for the **WRAP** training (**W**ellness **R**ecovery **A**ction **P**lanning) in May,” says Otto. Faith Partners and Region 5 Prevention Systems are sponsoring two **FREE 8-hour training experiences** in **WRAP**. Fridays, May 6 and 20 from 12:30-4:30 or Saturday, May 7 from 8:30-5:00 at Eastridge Presbyterian, 56th & Margo in Lincoln.

To register click on the link or snap the QR Code or email starfish@inebraska.com

2 Friday

afternoons: <http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1iwheadcab7050f9>



Saturday All Day:

<http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1iwhead5efd4e5>

