



RECOVERY NEWS

Peer to Peer Recovery Projects Monthly Newsletter

Healthy Relationships

Relationships are a necessary part of healthy living. Relations from acquaintances to romance, have the potential to enrich our lives and add to our enjoyment of life. Building strong relationships requires a lot of hard work and never-ending effort from both ends. A healthy relationship should bring more happiness than stress into your life.

A healthy relationship is when two people develop a connection based on:

- Mutual respect
- Trust
- Honesty
- Support
- Fairness/equality
- Separate identities
- Good communication
- A sense of playfulness/fondness

All of these things take work. This applies to all relationships. Characteristics of a healthy relationship you.

- Take care of yourself/good self esteem
- Maintain relationships with friends & family
- Are able to feel secure & comfortable
- Trust & be honest with each other
- Support and encouragement
- Strong communication/without fear
- Have respect for sexual boundaries
- Resolve conflict fairly: arguing is part of even healthy relationships, the difference is how the conflict is handled

Submitted By: Felicia M.

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12 signs you may need to move on:

- Live in the past memories then in the present
- Relationship bring more pain then joy
- He/She expects you to change who you are
- Expecting he/she will change
- Emotional/physical & verbal hurt
- Same situation/issue recurs
- Little to no efforts
- Values & beliefs are different
- Holds you back/preventing growth as individuals
- Expecting things to get better
- Justifying his/her action to yourself
- Don't feel the same way about each other!

Submitted By: Felicia M

Recovery Coaching

Steppingstone Inc. is now offering recovery coaching services.

What are Recovery Coaches?

A Recovery Coach promotes recovery by helping remove barriers and obstacles to recovery and serves as a personal guide and mentor for people seeking or already in recovery.

If you are interested in receiving Recovery Coaching services contact:

Michael Bryant

P2P Director

(508) 567-5086



**Take care of
your Heart
don't let it
fall apart.**



February is American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

- Laughing may, in fact, be good for your heart and overall health! Research suggests a good belly laugh can increase your blood flow by 20%. The positive effects of this chuckle can last for 24 hours. [[American Heart Association](#)]
- Healthy heart, healthy mind. Good heart health when you're young may increase your chances of staying mentally sharp as you age. [[American Heart Association](#)]
- Love heals? Research shows married heart surgery patients make better recoveries than single patients. [[JAMA Surgery](#)]
- It seems you really can die of a broken heart. Studies suggest sad news or events may increase the risk of heart attacks. [[American Heart Association](#)]

Emotional health. Regular safe sex as part of a supportive emotional relationship is especially good for your heart. Studies show that emotional issues like stress, anger, anxiety, and loneliness contribute to heart attack risk much like smoking and high cholesterol do.

Submitted by: Felicia M.

Engage The Brain

Sudoku is one of the most popular puzzle games of all time. The object of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game. If you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power.

The goal of Sudoku is to fill in a 9×9 grid with digits so that each column, row, and 3×3 section contain the numbers between 1 to 9. At the beginning of the game, the 9×9 grid will have some of the squares filled in. Your job is to use logic to fill in the missing digits and complete the grid. Don't forget, a move is incorrect if:

- Any row contains more than one of the same number from 1 to 9
- Any column contains more than one of the same number from 1 to 9
- Any 3×3 grid contains more than one of the same number from 1 to 9

Contact Us

Give us a call for more information about Peer to Peer and our supportive services

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<https://www.facebook.com/p2prp/>



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