



COTTONWOOD  
tucson

November 2009

# Alumni News...

the journey continues

## Life on Life's Terms

From what I've read recently the above saying means different things to different people. For me "Living Life on Life's Terms" simply means trying to accept whatever life places in front of me with some degree of serenity and grace. That can be a tall order, especially if your looking at the death of a loved one or the loss of a job. Whatever is going on in your life today remember, you don't have to travel the road alone. In recovery, we learn to ask for help and become teachable. I hope this month, this week, this day brings you acceptance and gratitude for your life as a capable, loving human being. Not perfect, but just trying to live life in recovery and remembering to enjoy the journey.

Please support your alumni meeting and find strength and understanding as we experience recovery together. If you have suggestions for future newsletter topics, please e-mail me at [shicks@cottonwoodrecovery.com](mailto:shicks@cottonwoodrecovery.com).

*Keep coming back, Sally*

## Exercise & Recovery: By Deb Tobias

The effects of physical exercise on one's wellbeing, especially heart disease, have long been understood by health practitioners. But only since the early 80's has it come to the attention of mental health practitioners the positive effects exercise has on the mental wellbeing of people with anxiety, depression and addiction. Consistent research has shown that people who regularly complete resistance, aerobic, yoga and stretching exercises have less stress anxiety or depression. The feeling of euphoria, a biochemical contribution to the body from the brain, happens after intense prolonged exercise. This is also known as a "runners high." It has not been proven that this promotes a mental state of wellbeing for an extended period of time, but it is clear that the chemicals norepinephrine and serotonin produced by the brain during exercise cause the same relief as that of an anti-depressant medication. Exercise has been shown to lower blood pressure, make breathing easier, and slow our heart rate, so we could also conclude that our perception of anxiety and depression would also be altered. Since exercise has such a positive physiological response to stress, anxiety and depression, it would make sense for all health providers to include some form of physical exercise in their patient's treatment plans.

*Deb Tobias ACEPT, CHEK Biomechanics is Cottonwoods Therapeutic Fitness Consultant. To contact Deb you can call 520-743- 2518.*

## Farmington/Durango Alumni Meetings

Hello Farmington/Durango alumni. I'm looking forward to facilitating you alumni meeting this November 30th. The topic for this month's meeting will be "Living Life on Life's Terms." Please come and share with your friends from Cottonwood the experience strength, hope and challenges that we find in the rooms of recovery. The meeting will be held at the **First Baptist Church at 511 W. Arrington, in Farmington.** Included below is the next 2009 meeting date and time.

**November 30**

**7:00 pm- 8:30 pm**

## Tucson Alumni Meeting

This month I would like to introduce to you Lisa MacDonald, MPH, RD and she will be presenting for the alumni "The Nutrition RX for Recovery." Lisa will be talking about how important nutrition is in helping us recover from addiction and depression.

The Tucson alumni meet every Wednesday from 6:00 p.m. to 7:30 p.m. on the Cottonwood campus in the Family Lodge.

On the first Wednesday of the month you are welcome to join us for dinner and a presentation. Dinner is served at 5:00 p.m. and meal tickets are \$5 each. We eat in the Lodge and the presentation starts promptly at 6:00 p.m. in Willson Hall. Please feel free to bring a guest.

Coming together, recovering together, sharing together, and succeeding together... that is the essence of the Cottonwood Alumni Meeting.

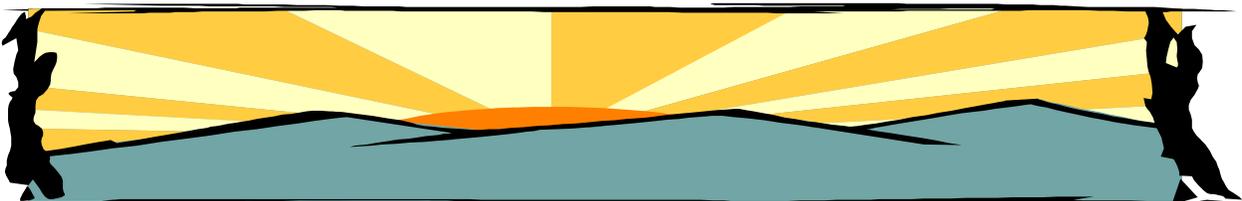
*Be well, Sally*

## Phoenix Alumni Meetings

This month the Phoenix alumni meeting will be focusing our meeting topic on "Living Life on Life's Terms." Life's terms may sometimes seem harsh but I can have gratitude for the lessons in the journey. Life's terms may sometimes seem amazing and I can appreciate every gift I receive. Today, life is worth living because I have friends, family, Higher Power, and recovery. I hope you can say the same. Please show up and share your experience, strength, challenges and hope with your friends from Cottonwood.

We meet every other Tuesday at **6615 N. Scottsdale Rd., Suite 100 in Scottsdale.**

**November 3 & 17 • December 1 & 16**



# InnerPath Retreats

## Beginnings & Beyond

Dec 7-11 • Jan 18-22 • Feb 15-19

## Women's Retreat

Nov 16-20 • Jan 11-15

## Relationships (couples) Retreat

Dec 3-6 • Feb 11-14

## Developing Healthy Families

Monday - Friday  
Contact us to schedule

We offer some 4 and 5 day programs for individuals, couples, and families who want to focus on codependency, relationships, communication, grief and loss, trauma, and anger. InnerPath is like a mini-Cottonwood experience where you can come back for a boost to your personal recovery plan. All of our retreats are held at the Cottonwood Nash House, meals and lodging included, and are limited to 8 people. Rokelle Lerner who is a therapist, author, and codependency expert, is our facilitator. Please contact Jana Zeff at 520-743-2141 or e-mail her at [jzeff@cottonwoodrecovery.com](mailto:jzeff@cottonwoodrecovery.com) for more information about InnerPath.



For more information, click here [shicks@cottonwoodrecovery.com](mailto:shicks@cottonwoodrecovery.com) or call 520-743-0411 extension 2517 or toll free 800-877-4520 [www.cottonwoodrecovery.com](http://www.cottonwoodrecovery.com)