



# Characteristics of Good Peer Support

AMERICANMENTALWELLNESS.ORG



RESOURCES FOR  
**HUMAN**  
DEVELOPMENT

1. Offers living proof of wellness and makes recovery attractive.
2. Shows faith in the ability to change; encourages and celebrates wellness achievements.
3. Encourages self-advocacy and self-sufficiency
4. Genuinely cares and listens, can be trusted, can identify areas for potential growth
5. Tells the truth, is honest about recovery process, identifies roadblocks
6. Is a role model for recovery and provides stage-appropriate wellness education
7. Assists in structuring daily activities around a self-developed plan for wellness
8. Helps resolve roadblocks and problems, both personal and environmental
9. Is knowledgeable about help resources, community services, and professional help
10. Is a companion, an advocate, a cheerleader, and an inspiration



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# 9 Foods That Help With Anxiety

therecoveryvillage.com

YOU MAY EAT A LOT OF THESE FOODS ALREADY, BUT KNOWING HOW THEY AFFECT YOUR BODY AND MIND CAN HELP YOU STAY PHYSICALLY AND MENTALLY HEALTHY. FOODS RICH IN MAGNESIUM, LIKE DARK CHOCOLATE; OMEGA-3 FATTY ACIDS, LIKE SALMON; TRYPTOPHAN, LIKE EGGS AND TURKEY; AND VITAMIN E, LIKE ALMONDS, CAN HELP REDUCE FEELINGS OF ANXIETY AND HELP YOU TO FEEL BETTER OVERALL. KNOWING HOW WHAT YOU EAT AFFECTS HOW YOU FEEL CAN BE INVALUABLE KNOWLEDGE FOR ATTEMPTING TO REDUCE ANXIETY. NINE TYPES OF FOODS THAT MAY HELP PEOPLE REDUCE ANXIETY ARE:

~SALMON	~YOGURT	~DARK CHOCOLATE	~TURMERIC
~EGGS	~ALMONDS	~GREEN TEA	~CHAMOMILE
~BLUEBERRIES			

AVOID PROCESSED FOODS BECAUSE STUDIES HAVE SHOWN THAT OVERLY PROCESSED FOODS INCREASE ANXIETY SYMPTOMS AND MAKE THE DISORDER HARDER TO MANAGE. BEGINNING A HEALTHY DIET IS A LIFESTYLE CHANGE THAT CAN IMPROVE YOUR OVERALL MENTAL HEALTH. HOWEVER, SOMETIMES EVEN A DIETARY OVERHAUL MAY NOT BE ENOUGH TO ADDRESS YOUR ANXIETY.



“When everything seems like an uphill struggle, just think of the view from the top.” – Unknown



## Preparing for Change: 5 Keys to Addiction Recovery

[helpguide.org](http://helpguide.org)

1. Remind yourself of the reasons you want to change.
2. Think about your past attempts at recovery, if any. What worked? What didn't?
3. Set specific, measurable goals, such as a start date or limits on your drug use.
4. Remove reminders of your addiction from your home, workplace, and other places you frequent.
5. Tell friends and family that you're committing to recovery, and ask for their support.

# RESOURCE CORNER

## Flu Shots

[flu.delaware.gov](http://flu.delaware.gov) 800-282-8672

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Free 24/7 counseling, coaching, and therapy, as well as links to mental health, addiction, and crisis services.

**Call the Delaware Hope Line:**  
**833-9-HOPEDE**

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[delaware211.org](http://delaware211.org)  
call 2-1-1

database of over 2500 programs and services and live assistance  
available at any time of the day or night

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## NAMI

Offers advocacy, support, education and housing  
[Namidelaware.org](http://Namidelaware.org) 888-427-2643

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## Narcan Training Resources

[Helpisherede.org](http://Helpisherede.org)  
[nextdistro.org](http://nextdistro.org)