



Graduated Columbia Heights High School
1980...Moved 18 times

Fours Years US Marines (Honorable Discharge
E-5)

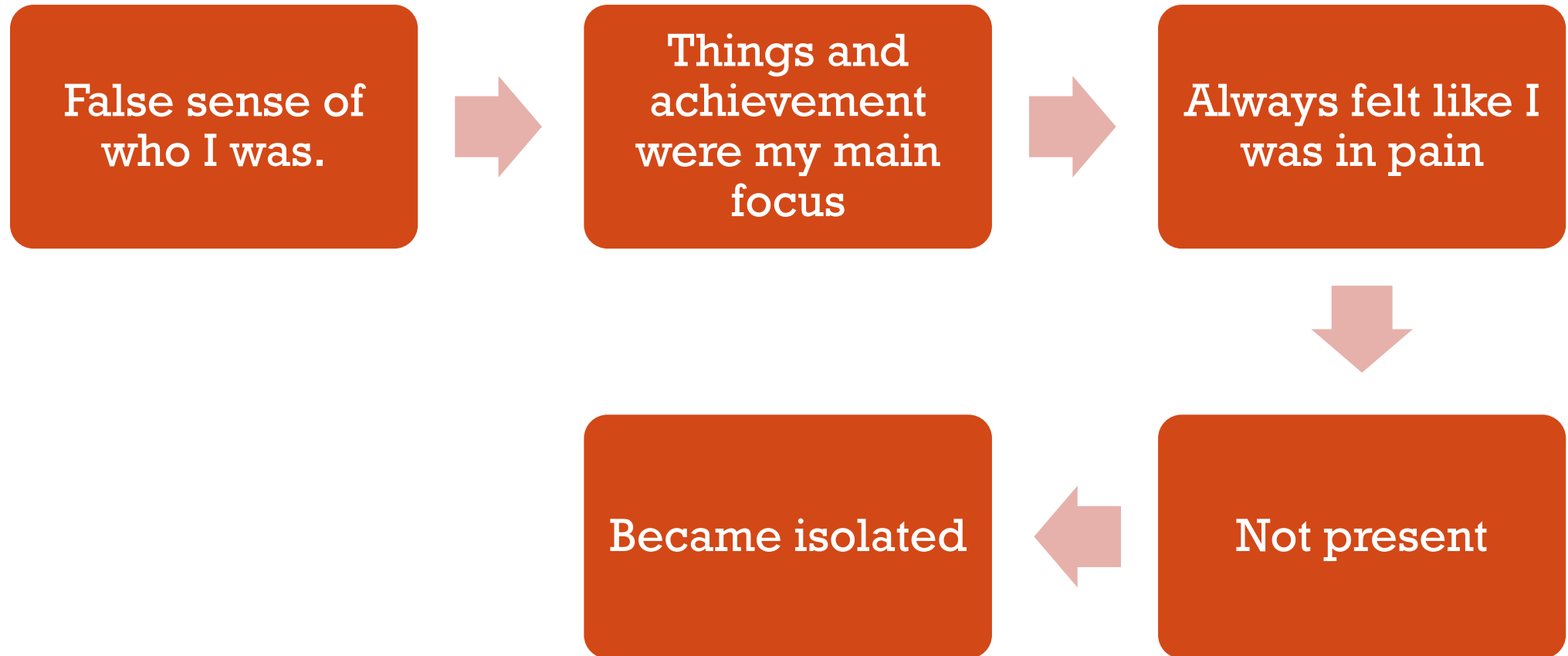
Colleges: St. Cloud State, U of M, Bemidji State,
Moorhead State, UWS

1989: Jobs Pre-Journey: Hibbing High School,
Grand Rapids

2011: Hazelton...

2012: Jobs Post-Journey: Silver Bay, Cass Lake,
Hill City, Hill City/Northland, Deer River!!!

WHAT IT WAS LIKE BEFORE



HOW IT STARTED

October 5th, 2011...DWI



WHAT DID I DO...ENTERED HAZELTON

You take an assessment to make sure you have disease. (insurance)

Assigned a counsellor...who heads the team.
(doctor, psychologist, psychiatrist...)

Its 28 days in intensive mental health training.





10-14

- “Supt. Called and told me I might 90% lose my job. I feel sick. In a strange way I am relieved. Not sure if I could have keep doing that job like that any more. Scared about the money and losing everything, happy I am here. I need this treatment bad. God please take care of my family. God my life is in your hands.”



“Spoke with Roger today...its was decided I can't go back. Its an unhealthy situation, he agrees.”

Spoke with wife today...she is embarrassed my name was in the paper.

“If someone told me I could go home today, I would not.”

“Life as I know it is about to change drastically...”



Today I decided I
am powerless over
alcohol

When the student is
ready the teacher
will appear.

“I WORRY ABOUT WHAT IT WILL BE LIKE WHEN I GO BACK TO MY FIRST HOCKEY GAME, FINDING A JOB, WHAT FRIENDS WILL SAY, HUNTING SHACK, COURT, WHAT IT WILL BE LIKE TO NEVER DRINK AGAIN”



“Don’t bleed until your shot.”



“Fear are not facts”.



POSITIVE MENTAL HEALTH TOOLS

Exercise

Sleep

Improve Diet

Medication

Use or stop using alcohol

Therapy

Yoga/Meditation

Laughing/smiling

Giving it away

Games

Music

Control Social Media

Control Who you let into your life

Taking risks

Having a plan

Journaling

Faith/Higher Power

Recreation



JOURNALING



IT CAN BE
PRAYERS



WRITING DOWN
THE STORY OF
THE DAY



YOUR
FRUSTRATIONS
OR VENTING



WHAT YOU
GRATEFUL FOR...



GOALS OR
PROGRESS
TOWARDS GOALS



SERENITY PRAYER

GOD GRANT ME THE
SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE
COURAGE
TO CHANGE THE
THINGS I CAN AND
WISDOM
TO KNOW THE DIFFERENCE.



THINGS WE CAN'T CONTROL

How others
treat you

People like or
dislike us

Others feelings,
actions, beliefs,
thoughts

Who we are
related too

Cats. I mean
you just can't...

Weather

Passing of time

The
past...Future

Physical needs
(Food, sleep,
etc..)

Change is
inevitable

Your
privilege...(or
lack of)



THINGS WE CAN CONTROL

Way we treat others

Resentment and forgiveness

Actions/Reactions to what others say or do.

Who you give your time too

Where you put your time, energy, money, etc..

Being Humble, Grateful, loving yourself

BEING PRESENT

Practicing personal Growth

Your Mindset





CONTROLLING WHO YOU LET INTO YOUR LIFE.

WHO YOU GONNA CALL WHEN IT ALL GOES DOWN?

- Journal for 1 minute



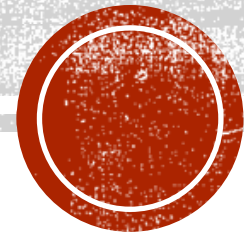
- Your Brains “feel good” transmitters’. Often referred to as the runners high you can get this same feeling playing a sport, going on a hike, etc... key is getting the heart rate up for 20 minutes.
- This will lead authentically to the next two
- Improved diet and Sleep.

CHASING THE ENDORPHINS (EXERCISE)



LET'S PRACTICE...

Journal....Who are you
grateful for.....?



UNCERTAINTY BREEDS FEAR. BEING FEARFUL IS BUILT INTO OUR HARDWARE

Healthy fear is a balance we
need.

Unhealthy Fear

- Brain imbalance (substance abuse)
- Hormone Imbalance
- Nutrition
- Lack of exercise
- Short on sleep



THERE ARE TWO DAYS EVERY WEEK YOU SHOULD NOT WORRY

One of these days is yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said...yesterday is gone beyond recall.

Do I still worry about what happened yesterday?



THE OTHER DAY IS . . .

- Tomorrow...with its possible adversities, its burdens, its large promise, and perhaps its poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in tomorrow, for it is yet unborn.

Do I still worry too much about tomorrow?
(Journal)



THIS LEAVES ONLY ONE DAY....

- Anyone can fight the battles of just one day. Its only when you and I add the burden of those two awful eternities , yesterday and tomorrow, that we may break down. Its not the experience of today which drives us mad. It's the remorse or bitterness for something that happened yesterday or the dread of what tomorrow may bring. Let us do our best to live but one day at a time.

Am I present today? (Journal)



10-21

Mental health (recovery) is a change from negative thought to positive thinking.

Hate to Love

Fear to courage

Resentment to forgiveness



HAVE A PLAN FOR MENTAL HEALTH

My Plan...

Sobriety

Be humble and Grateful

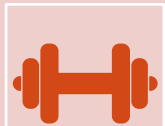
Control who I let in my life.

Practice faith...

The Two Days not to worry about....



WHAT'S IT LIKE NOW?



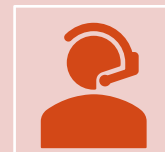
I have never felt as mentally healthy as I do now.



I practice being Humble and Grateful everyday.



I try to be present and listen for messages coming through people



I except help...still working on asking for help



■ **THANK YOU**

