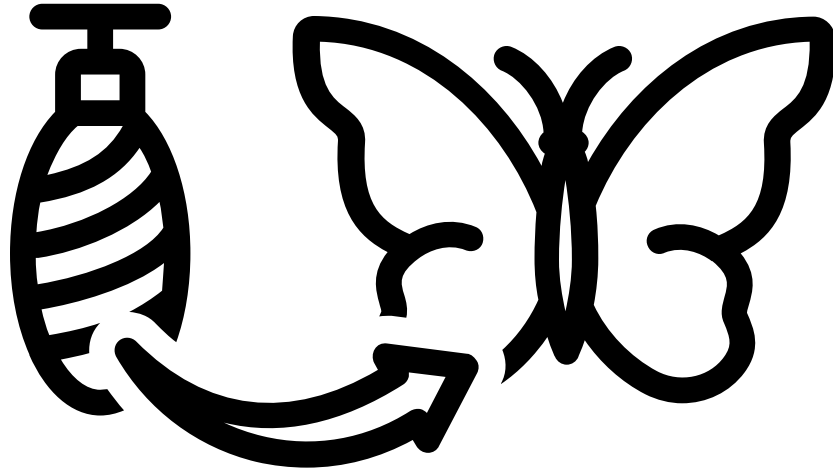


# Monthly Motivations

MYRRA PLAN



February 2024



## Note from Staci:

Thank you for subscribing to the MYRRA Monthly Motivations. The monthly motivations will focus on the balance wheel of life.

I am approaching my twenty-month anniversary of sobriety. I need a daily schedule to help keep me on track. I hope that you will find comfort and make recovery easier by scheduling the basics the day:

- morning routine
- self care
- three small meals a day with nutrient rich options
- a mid-day break to reflect, relax, and regroup for the rest of the day
- evening meal
- wind-down routine, and
- restorative sleep

I am also a goal oriented person and like to set goals and challenges for myself. Set some goals and challenges pertaining to the balance wheel of life.

One of the best ways that I have found to have more good days, is to focus on my mental or emotional balance.

I have silly fun cleaning. Dress up in a poodle skirt, put on some big band, clean and dance at the same time.

I also have fun with words of encouragement. Try telling yourself "Good Job" for each accomplishment of the day... like a video would for each level achieved.

When I search and search for that one item and finally find it, give a grateful Alleluia. Sing it like an opera singer.

I feel quite luxurious with an auto-sensor light in my tiny closet. Something about opening the door and the light makes me smile. Appreciate the little things.

Go enjoy your day! Put some silly fun into those mundane chores and tasks.

Peace and Love, Staci.

### In this newsletter you can expect:

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Self-Care and Health

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Personal Growth

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Financial and Career/Job

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Spiritual Guide

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Relationships and FUN

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Feature of the Month

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## Monthly Motivations



### Financial

I am excited to report that I reviewed my TV subscriptions, phone, internet, and other expenses.

Savings to report:

Internet Plan	\$360/yr
Paperless Banking	\$36/yr
Energy Efficiency	In Review
Garage Sale	\$100



### Relationships

Building relationships with the people closest to me will be ongoing. I started with showing interest in the things that they are interested in.

I plan to take it to a deeper level this month with some fun with them doing something they enjoy doing. Have fun together and let them shine!



### Work Balance

I have accepted that this is going to be challenging and some flexibility will be needed during the busier months.

I started with looking for ways to automate, an electronic to do list/checklist/planning system, and creating templates for routine emails.



### FUN

I need to work on having more fun and being more social. I must admit that this is a challenge for me.

My goal for the coming month will be to invite a friend that enjoys gardening to come over to help with the starter plants. I hope they enjoy teaching me as I will appreciate the knowledge and help my garden grow.



You've  
always had  
the power  
my dear;  
You just  
had to  
learn it for  
yourself.

Glinda  
the Good  
Witch  
Wizard of Oz  
Frank L. Baum

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## Feature of the Month: Mental Health Legislation Lobbying

Addiction and mental health disorders do not adhere to timelines or bureaucratic constraints. Yet, the current system often forces individuals in crisis to fight for coverage through processes that delay or limit access to necessary care. The reality is stark: without sufficient inpatient treatment options, many people are left to navigate recovery unsupported, increasing the risk of relapse, and tragically, death.

My story is one of both hardship and hope. I was fortunate to receive inpatient treatment. However, my stay was shortened due to insurance limitations, cutting off critical access to relapse prevention planning. After discharge, I faced the daunting challenge of building a foundation for recovery on my own. I am one of the lucky ones who had access to supportive resources and was able to develop my own plan. But many others are not as fortunate.

This is why I urge you to champion a critical reform: the establishment of a standard minimum 90 days without excessive NQTLs (non-quantified treatment limitations) or PAs (prior authorizations). Studies and professional guidelines consistently show that extended, uninterrupted treatment is essential for long-term recovery.

Ensuring that the MHPAEA upholds true parity for mental health and addiction services is a necessary step toward leveling the playing field for those seeking recovery.

I am hopeful that, together, we can create a system that supports recovery, respects the dignity of individuals seeking treatment, and saves lives.

Contact your state representatives to draw attention to the urgent need for reform. I am working on an update to [www.myrraplan.com](http://www.myrraplan.com) to make this easier for everyone to send to have our voices heard.

*Thank you for reading!*

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