



DRC

Newsletter

522 W Arbor Ave.
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June 2024 Issue

Hours @ DRC

Monday-Friday: 8a-4p



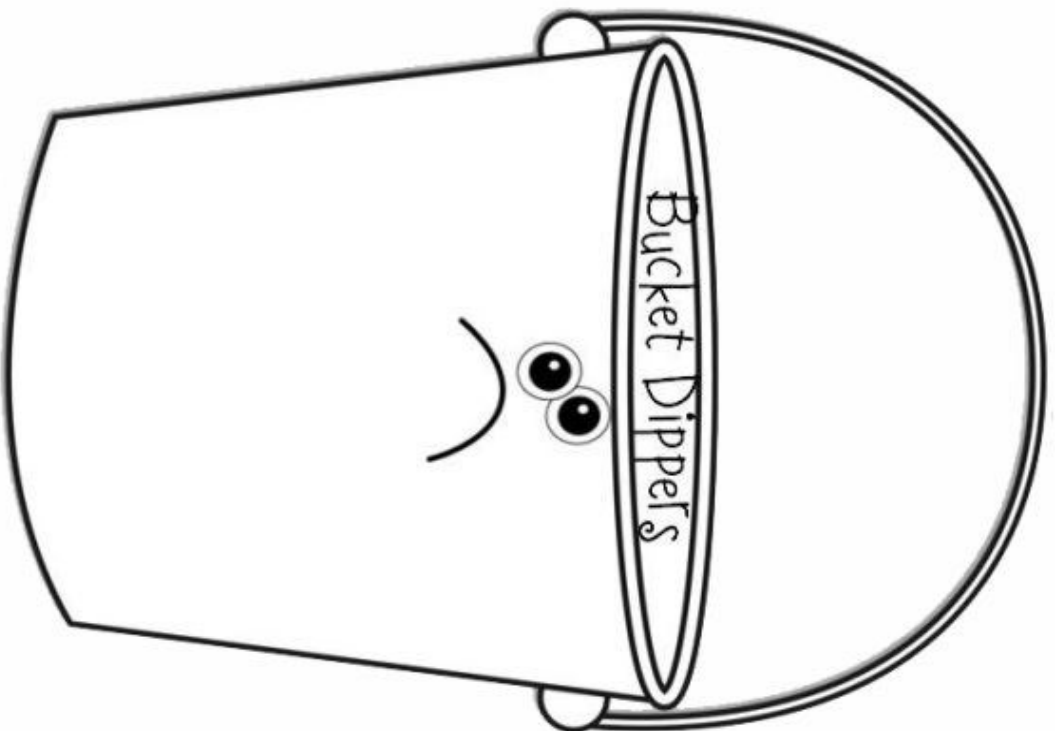
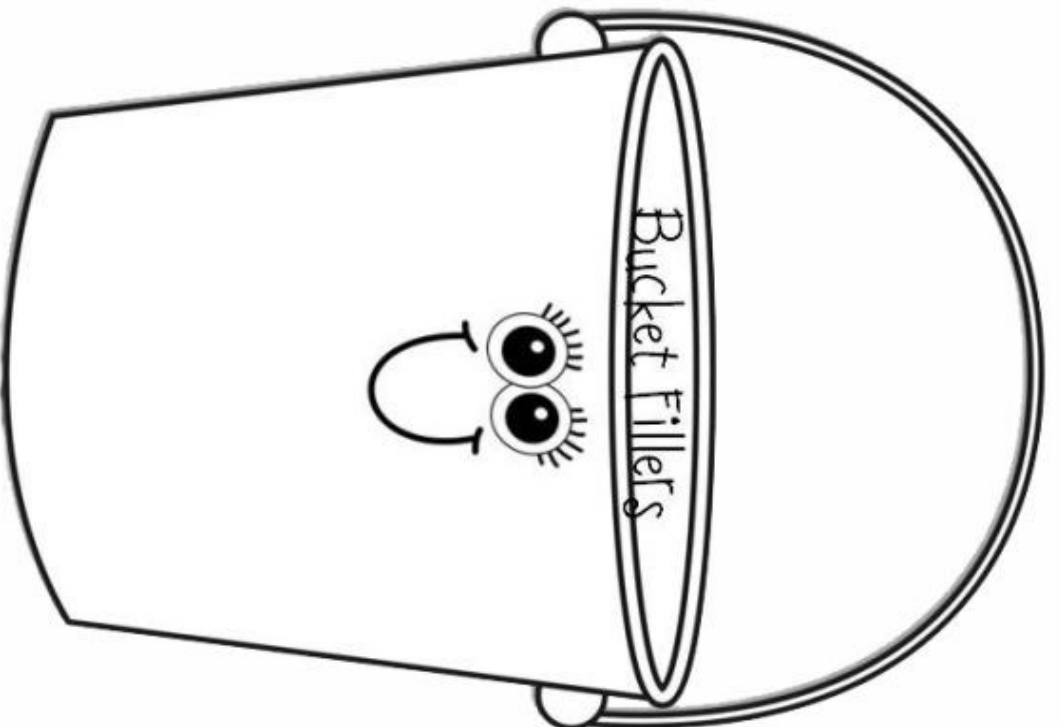
What is bucket filling?

Bucket filling is a term that has become a popular metaphor when talking about positive attitudes and behavior. Many education settings use the concept of bucket filling to educate children about feelings and emotions. The underlying message is that each person carries with them an invisible bucket and when that bucket is full, the person is feeling happy, confident, secure, calm and content. On the other hand, if a person is carrying an empty bucket, they are feeling upset, down, dissatisfied and unhappy. The goal is to help individuals monitor and understand how full or empty their bucket is as a gauge for determining how they are feeling. A 'bucket filler' is a person who behaves in a way that helps to fill another person's bucket. By being kind, empathetic and compassionate – we can help fill other people's buckets so that they too can feel better. Think of it as warm fuzzies! Filling someone's bucket actually helps to fill our own bucket too! A foundational aspect of the concept of bucket filling is that it allows people to better express how they are feeling and to better understand how they have an impact on the way that others feel, thus improving emotional and social skills, encouraging positive behavior and improving self-regulation.

How do you fill a bucket?

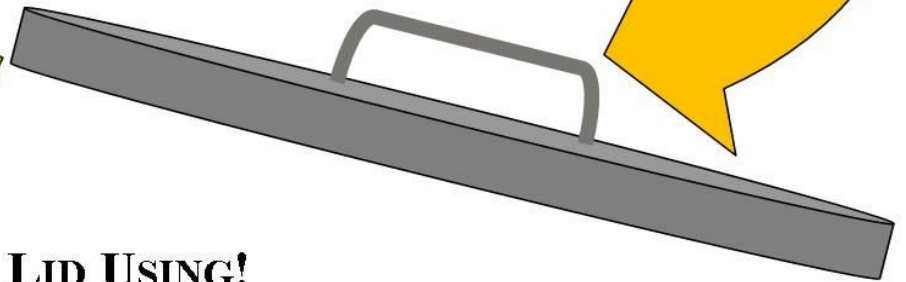
You can fill someone else's bucket by acting in a way that is supportive, helpful and kind. There are many ideas on ways to do this, some of which I have listed below. Helping someone who is struggling, paying someone a compliment, a hug or showing someone that you care for them through kindness are all ways that you can express bucket-filling behavior. It really is that simple. Simple kindness usually fills a person's bucket.

BUCKET BRAINSTORMING



Learn to Use Your LID!

Using Your Lid Means Your Are Taking Care Of Yourself!
You Are Not Letting Another Person DIP!
You Are Using a Tool From Your PC Toolkit!



FACTS OF LIVING AND LID USING!

Some people will be your good friends, and some will not.

Sometimes even good friends and family will let you down. Sometimes you'll let them down too.

Sometimes you'll make the team, and sometimes you won't.

Sometimes you'll win, and sometimes you'll lose.

Some people won't like you back.

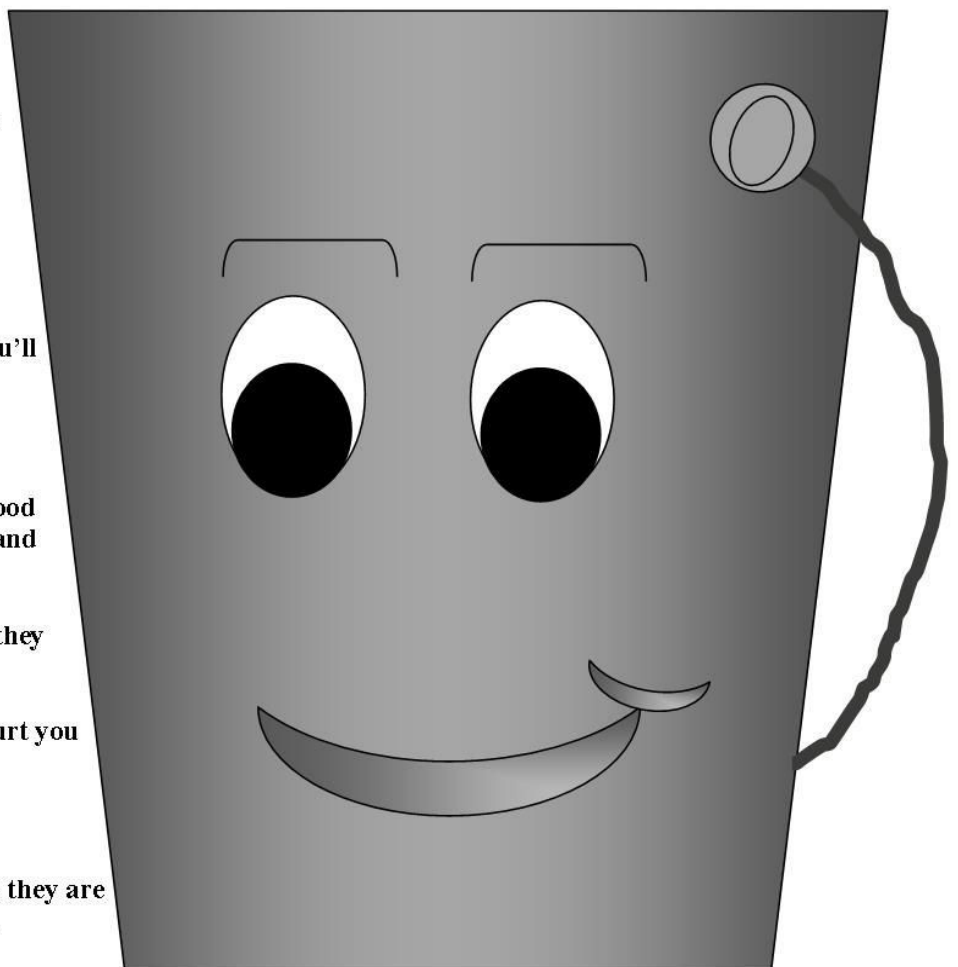
Sometimes you'll work hard and get a good grade, and sometimes you'll work hard and not get a good grade.

Some people will judge you even before they get to know you.

Some people will say or do things that hurt you very much.

Some things in life are just not fair.

No one gets to choose the body or talents they are born with, only what they do with them.



Here are some simple ways to fill someone's bucket:

A hug, Share something with them; Let them overhear you saying something kind about them to someone else; Practice gratitude with them; Use your manners; Create ways to *include* them Think of something kind you can do for someone else and do it together; Bake something for them, or bake together; Write a thank you note; Tell someone you are proud of them, with a specific reason why; Leave sticky notes for someone, with kind messages on them; Listen when someone needs you to listen; Tell someone you love, that you love them; Smile; do something fun!

What is a bucket filler vs bucket dipper?

Whilst a bucket filler does their best to help others feel better, bucket dippers do the opposite. Bucket dippers use actions, words and behaviors that have a negative impact on others. Some behaviors that fall into bucket dipping include teasing, saying unkind things and refusing to help someone else. Bullies are definitely bucket dippers but often they do this because it's a sign that their own buckets are particularly low. This means that helping fill the bucket of a bully might help them stop dipping into the buckets of others to make themselves feel better. It is here that we can see how this concept can support self-reflection and a sense of personal responsibility for behavior and actions from a very young age, but that doesn't mean we can't develop this as an adult. Old dogs, CAN learn new tricks!

What does "Use Your Lid" Mean?

With the bucket representing a person's emotional and mental health, it is also very important to learn how to protect the good thoughts and feelings that have been gathered. The concept of using a 'lid' refers to placing a mental shield over things that might dip in and take from your bucket. It is said that a person can train themselves to deal with negative situations immediately so that the positivity inside the bucket isn't reduced.

People can be taught that they can use their lid to protect themselves from hurtful things by not letting mean thoughts and ideas sneak into their bucket of positive thoughts and emotions. Using a lid for the bucket will help build personal resilience that strengthens each individual's ability to deal with the obstacles and challenges that might come their way in life.

Learning about mental health and self-care is so important in the fast-paced and often stressful world that we live in today, to create happiness for ourselves and others. In addition to helping teach kids, teens and adults learn how to manage their emotions, bucket filling can also help in the fight to stamp out bullying. Encourage those around you to use the term 'Fill your bucket', as a measurement of mental health and wellbeing.

Hopefully this has provided some helpful info on how to fill a bucket, with plenty of ideas for bucket filler activities. Show kindness and have some fun with it. Maybe it will even bring out your inner child.



Peer Support Hub

Peer Support Groups should provide a safe nonjudgmental space to share experiences; reduce feelings of loneliness and isolation; encourages taking control of ones own recovery and well being; and helps build a support system and coping skills box.

DRC Peer Support Group Times:

Monday's:

3pm Peer Support: Check in's, sharing experiences and discussing our recovery journey.

Tuesday's

8:30am Peer Support: Check in's, sharing experiences and discussing our recovery journey

Wednesday's

2pm Talking Circle with Roberta

June 7th ; All Members Round Table and Lunch– Members meeting to discuss upcoming events, making decisions on next months activities etc.

Peer support happens informally all day every day here at the Recovery Center. It can happen during morning coffee at the table, playing cards, or individually.

IF there is a peer support group you are interested in and would be willing to lead, please let us know. Peer to Peer Groups are great!

Heather and Roberta will be starting groups in the Dacotah Foundations facilities. We are excited to extend peer support to other places. Sahnish: June 12th and 26th at 3:30pm. (times/dates may be changing) stay tuned!

Custer: June 6th and 20th at 10am

Fun at DRC



June 11th is our Bismarck Larks Baseball game. Please sign up for a ticket. We have invited the other Recovery

Centers from around the state.

Leaving DRC around 5:15pm free food and game!

Member's Meeting is on June 7th @1pm. Lots of great discussions regarding upcoming events at the DRC. Be part of the conversation!

Harmony Center is coming to have lunch with us on June 27th!! Can't wait!

We are heading to Williston on June 25th for tacos in a bag and bowling at The Club Recovery Center! Maximum of 10 people can sign up!

Highway 21 Treasure Hunt on June 21st, van will be leaving at 8:30am and returning around 4pm. A whole day of rummage sales.. Maximum of 10 people can sign up!

Junkin' in the Junction

Heather hates to browse alone, so she is inviting DRC members to go along with her on June 15th to help her purchase some refurbished JUNK! Van will be leaving DRC at 9am! There is a gate fee, TBD.

We are heading to Buggies and Blues, Sunday June 9th with Roberta behind the wheel!

ALL MEMBERS ROUND TABLE

Member's meeting will be held on June 7th starting with lunch at 1pm and meeting to follow. Topics will be:

A. DRC Business

1. Announcing the advocacy board

Setting a meeting date

2. Summer trip for July?

3. September we will be going to SD. Please start saving if you are interested.



B. Activities, Educational Topics and Peer Support

C. Other Business

Please come out to vote! Remember as a member it is not only your right to vote, it is one of the responsibilities as a member. Be your own advocate!



Summer is upon us and that means drinking lots of water; utilizing sunscreen, wear a hat, and have bug spray! Summer is also a time where we sweat more, please wear deodorant, shower and change clothes daily.

As a reminder, we want to look presentable all the time, but especially on our outings so please practice good hygiene so we can enjoy your company when we are out in the community!

If you are in need of items to assist you please talk to Heather or Roberta to help you locate where these items can be gathered.



June 21st is the first day of Summer!!!!
