



Doors to Wellbeing Quarterly

# Newsletter

## A JOURNEY OF SELF-ESTEEM

Why the concept of Self-Esteem resonates so much for me in my wellness is because of things that happened to me at a very young age.

I am now able to reflect and recognize that one way I functioned through life without even knowing, was not being connected to myself. It was not obvious to others; I would still appear to be getting by. I can reflect on key points of my life and see that I had no goals, and I was only a shell of a person. Often people think there is no way you can live and not be connected to yourself for 35 or 40 years, but you can!

At the age of 18 I remember the last day I stepped out of school, and I honestly didn't believe I was going to leave school. It was like, 'you mean I have to leave', 'I am not coming here tomorrow'; I stepped into a life dictated to by other people's expectations.

There was no empowerment or self-determination and unfortunately being disconnected and not intentionally making decisions put me into situations that caused more hurt and despair which just propelled me into self loathing distrusting everyone.



DOORS TO  
WELLBEING

My life then was purely about doing what was expected of me. Although I made a few false starts at adult life and careers I found myself stuck in the mental health system.

Although I hated every minute being in hospital and I became a revolving door patient, spending over 10 years of my adult life on acute wards, it served a purpose and there was comfort in the discomfort.

The system gave me what I need a sense of belonging to other lost souls and to be accepted. I became stuck and my life became limited by kindness, people doing everything for me.

That way of life and that environment didn't create wellness or recovery or encouraged me to value myself, I didn't have any self-worth; I hated myself. I not only hated myself, I hated what life stood for, In fact I hated life.

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**Article written by Rona McBrierty, Senior Advisor to the Board of Directors and International Copeland Center Facilitator**

It became a vicious cycle of pain and dependence that took me further away from being whole.

So, why change....The comfort in the discomfort stopped working....

Without trusting and believing in myself, how could I trust others? How could I really develop those open honest authentic relationships, how could I develop a life?

Finding a purpose of helping others, through using my narrative gave me an important step into creating an alternative vision of who I could be, starting with self acceptance and hope.

In my previous facilitation and through hard personal work the other recovery concepts had supported me to navigate and get to a place in my life where I am able to thrive.

Now, focusing and reflecting on my journey to take action for whole health and wellbeing to build my self-esteem, I have an understanding that has further opened the door. A door whereby I recognize 'I am enough'; I don't have to be the same as everybody else. How I show up in MY life is my choice, my difference is something that makes me who I am and should be celebrated.

Today, wellness and recovery for me is about focusing on building self-esteem and being able to have the confidence and self worth of holding onto the belief 'I am enough.' even when I get things wrong, feel vulnerable or don't know how to move forward. I need to challenge myself and recognize habits and destructive internal self talk.

I am the expert of ME and I know the action I CAN take when my self esteem dips for example utilizing positive affirmations looking at certain photographs.

That's the narrative that I have today that has given me a perspective to understanding my past and it opens a door to my future.

## JOIN US AT OUR TAKING ACTION FOR WELLBEING CONFERENCE!

**August 11-13, 2024  
Philadelphia, PA**

Hear about the most cutting edge research from top researchers in the field, learn supervision, team building, leadership skills, and connect with hundreds of people who are also taking action for their wellbeing in a supportive environment driven by our values and ethics.

Find out more about our conference, including presenter bios and other workshop opportunities, [here!](#)

View the schedule at a glance [here](#), including titles of workshops and presenter names!



# WHAT IS A WARMLINE AND WHAT DOES IT ENTAIL?

Learn more about Peer-Run Warmlines, including funding sources, warmline models, marketing & outreach, and more through **our new Warmline Document!**

**Click here to view**

A warmline is a telephone service that provides emotional support, mental health assistance, and peer support to individuals who need someone to talk to but are not in immediate danger or experiencing a crisis. Unlike crisis hotlines, which are designed to respond to acute emergencies, warmlines are meant to offer a listening ear, support, and resources to people dealing with everyday stress, anxiety, loneliness, and other mental health concerns.

## VIEW OUR UPCOMING WEBINARS!

**View more and register** for our Peer Specialist Webinar Series here!

### **Integrative Wellness Pop-Up Barber Shop Presented by: Brandon Bond**

July 30, 2024

2:00-3:00PM ET/11:00AM-12:00PM PT



### **Recovery Friendly Workplace: Program, Process and Benefits Presented by: Lenny Burnett and Greg Young**

August 27, 2024

2:00-3:00PM ET

/11:00AM-12:00PM PT

# UIC RESEARCHERS ARE RECRUITING FOR TWO PAID STUDIES

Researchers at the University of Illinois Chicago are recruiting for two studies for people with diagnosed mental health conditions.

**The first study is testing a program where you work with an online facilitator to strengthen wellness habits that enhance immune health.**

\*Participants in the immune health study have a 50/50 chance of either receiving the new program or receiving an extra payment instead, but everyone will be paid \$135 for completing three phone interviews. To find out if you are eligible for the immune health study, email [enhanceimmune@gmail.com](mailto:enhanceimmune@gmail.com) or text/call: 1-312-725-2966.

**The second study is testing a program where you work with an online wellness coach on a personally-meaningful goal to improve your well-being and quality of life.**

\*Participants in the well-being study have a 50/50 chance of either receiving the new program or receiving an extra payment instead, but everyone will be paid \$100 to complete two phone interviews. To find out if you are eligible for the well-being study, email [HealthyReStart2021@gmail.com](mailto:HealthyReStart2021@gmail.com) or text/call 1-312-725-2966.

**When texting, emailing, or leaving a message, please let UIC know which study you're interested in, and provide your full name, phone number, and email address.**

(Judith Cook, PhD, is the principal investigator of both studies; Peggy Swarbrick & Jessica Jonikas are co-investigators; funded by NIDILRR.)



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**LOOK FORWARD  
TO OUR NEXT  
NEWSLETTER!  
...OCTOBER 2024**