



MID-HUDSON  
PROBLEM GAMBLING  
RESOURCE CENTER

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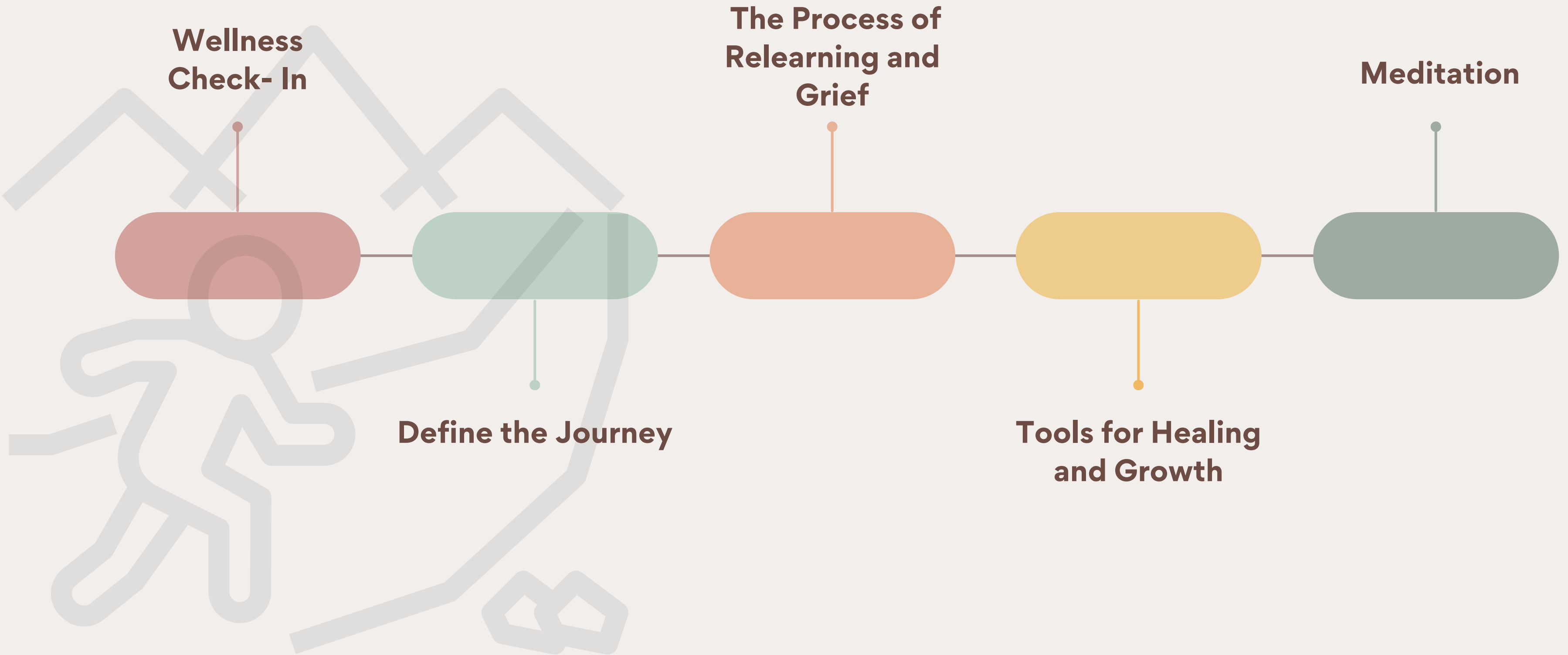
# JOURNEY TO DISCOVER ME

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*Presented Leilani Yizar-Reid*



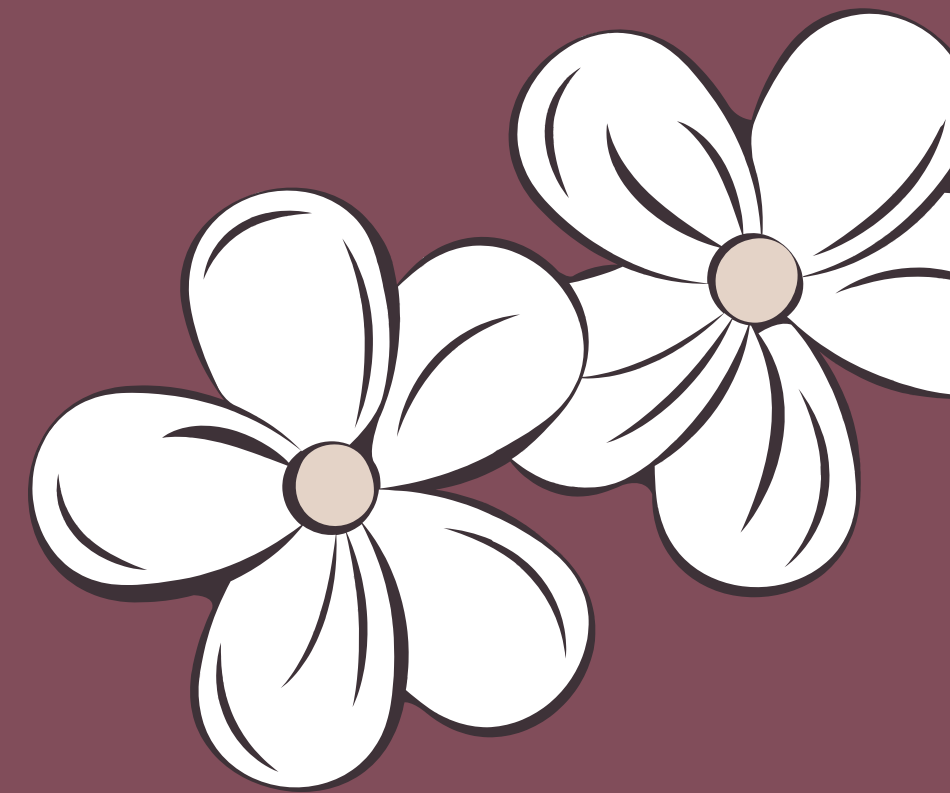
# The Journey



# Wellness Check-In



MEDITATED	WORKED	SPOKE TO A FRIEND	LAUGHED	WROTE IN YOUR JOURNAL
DANCED	STRETCHED	SMILED	EXERCISED	SAID I LOVE ME
TAKE A SELFIE	SET A GOAL	FREE SPACE	DRANK 8 GLASSES OF WATER	LEARNED SOMETHING NEW
SAID I LOVE YOU	READ A BOOK	ACCOMPLISHED A GOAL	DO SOMETHING NICE FOR SOMEONE	GOT 7-8 HOURS OF SLEEP
HAD A HEALTHY MEAL	MADE YOUR BED	HUGGED SOMEONE	CLEAN THE SNOW OFF YOUR CAR	GOT DRESSED



LIFE IS A JOURNEY  
NOT A DESTINATION  
THERE ARE NO MISTAKES  
JUST CHANCES WE'VE TAKEN  
LAY DOWN YOUR REGRETS  
'CAUSE ALL WE HAVE IS NOW  
~INDIA ARIE





# MY JOURNEY



**How did we  
get here?**



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WHAT DIRECTION AM I  
GOING IN?

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# DIFFERENT TYPES OF JOURNEY'S

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# QUESTIONS TO ASK BEFORE YOU START YOUR JOURNEY

ARE YOU DEFINING YOUR OWN JOURNEY?

*Why is it  
important to  
define your  
journey?*

*Do you know  
where you are  
going?*

*Am I happy with  
the person I want  
to be?*

*Whose journey is  
this?*

*Do you know how  
to get there?*

*What support do  
you need to get to  
where you are  
going?*

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AM I EVER READY TO  
TAKE THE NEXT STEP?

# STAGES OF CHANGE WITHIN THE JOURNEY OF LIFE

PRECONTEMPLATION

PREPARATION

MAINTENANCE

COMTEMPLATION

ACTION

RELAPSE/TERMINATION



# THE HURDLES



**GRIEF**



**OVERTHINKING**



**FEAR**



**RELAPSE**



**LIMITED  
RESOURCES**

# RELEARNING AND PROCESSING GRIEF

*The process of relearning yourself:*

- *Takes patience*
- *Know that you can make mistakes on the way*
- *It can be fun*
- *It can bring revelation*





LET'S WALK TOGETHER

# TOOLS OF HEALING AND GROWTH

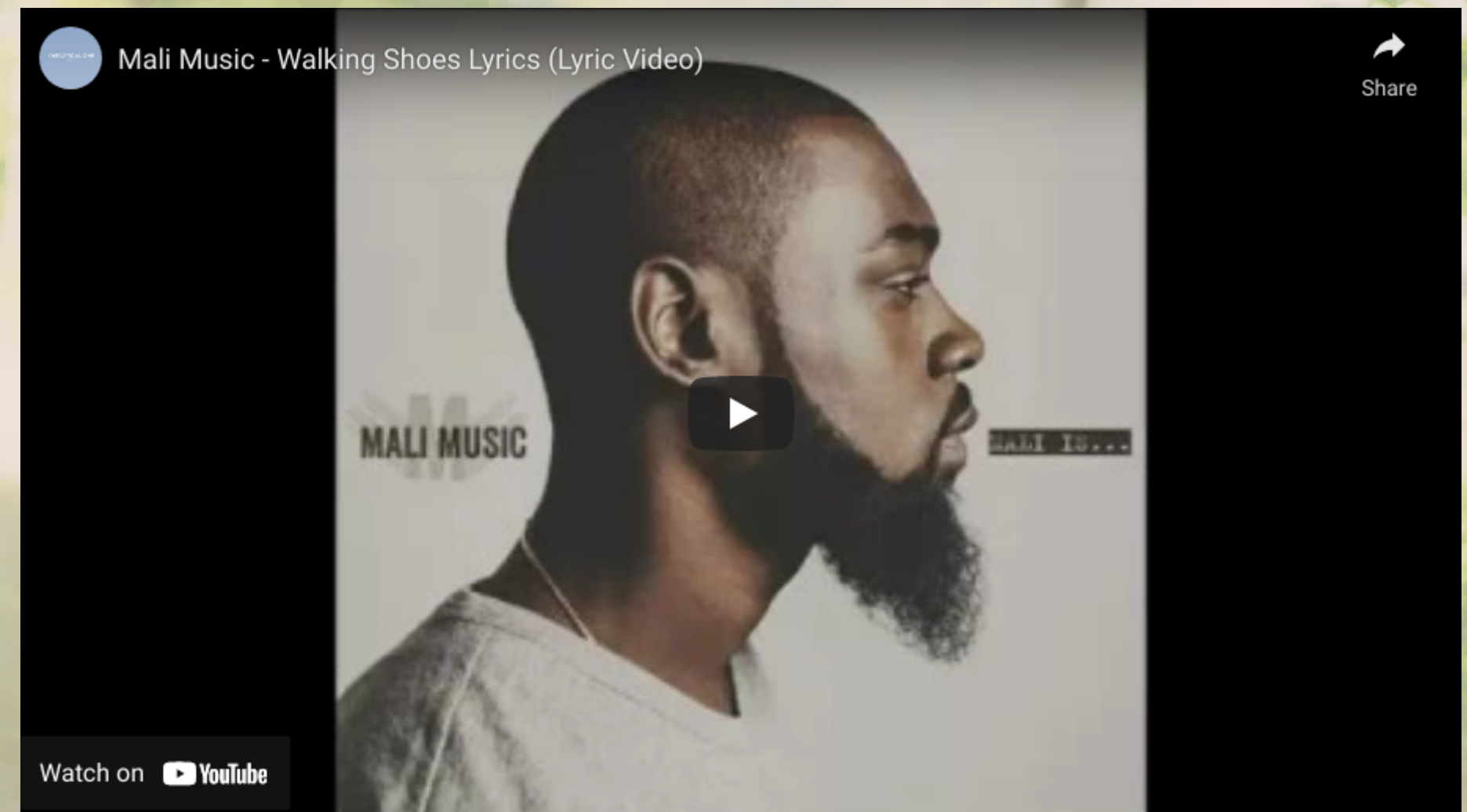




WHAT IS NEXT?

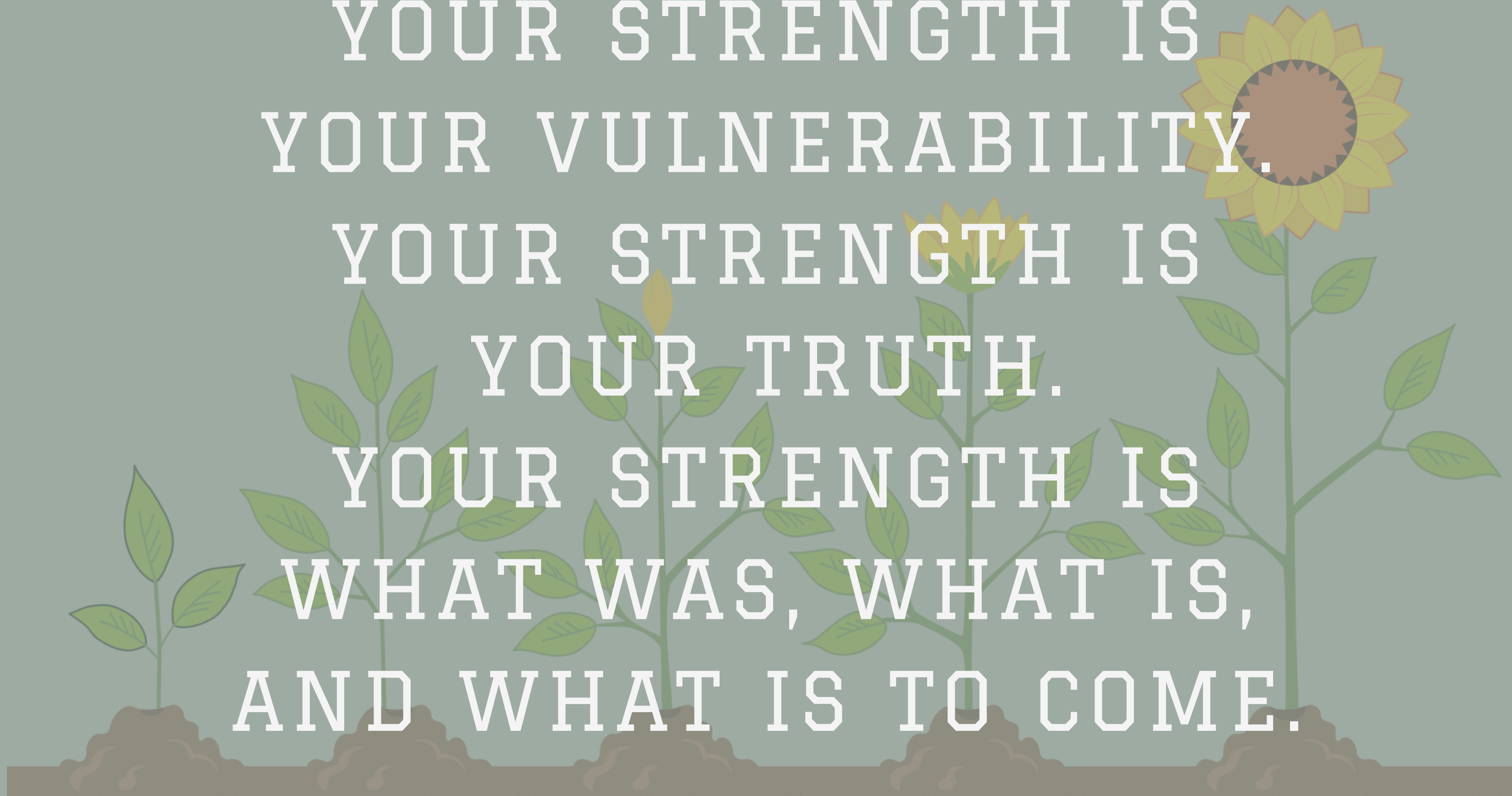


1. DRAW A ROAD
2. IF YOU CAN DESCRIBE OR DRAW WHERE YOU ARE GOING
3. LOCATE WHERE YOU ARE ON THAT ROAD
4. DESCRIBE OR DRAW HOW YOU FEEL ON THIS JOURNEY
5. LIST TWO OR MORE PEOPLE WHO CAN SUPPORT YOU ON YOUR JOURNEY





YOUR STRENGTH IS  
YOUR VULNERABILITY.  
YOUR STRENGTH IS  
YOUR TRUTH.  
YOUR STRENGTH IS  
WHAT WAS, WHAT IS,  
AND WHAT IS TO COME.



# CONTACT

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Affirming and Energizing Playlist.

