

Happy Holidays!
 Joyeuses Fêtes!
 Felices Fiestas!
 Hạnh phúc ngày
 lễ 節日快樂
 Masaya pista opis-
 yal Laethanta
 saoire sona Trevlig
 Helg! Boas Festas!
 HMutlu Bayram-
 lar! Sarbatori
 Fericitè! 행복
 휴일
 Vesela Praznike
 Selamat Hari
 Raya! Sretni
 praznici! Boldog
 Ünnepekét Karés
 Szücsokvés! Glade
 feriedage Gëzuar
 Festat Jie Ri Yu
 Kuai Bones Fes-
 tes! Felix feri-
 arum Furaba
 libiza 幸せな
 休日 חג שמחה
 Buone Feste! li
 holide eximnandi
 Forhe Feiertage
 Prettige feestdagen

Enterprise Newsletter

Enterprise Resource Center

December 2016

Open Mic a Success!

The second Open Mic Night was held on Thursday September 29th at the 1108 Gallery in San Rafael. There were a number of participants. Marie Tannyhill read a Pearlle The Goldfish story about Pearlle's concern for the environment. Steve Freschl did a cute and clever newspaper skit with his stuffed Sacramento bee. Barbara Cooley read a poem called "Still Swimming" that I wrote years ago. Matt Kratoville entertained us with a lounge act version of Light My Fire by the Doors. Sacheen Rubio sang a Chumash Native American song about bear spirits. In between each performer I sang some of my original tunes including: Great Soul, Deeper Than Skin & Bone and She Treats Me Right. There was food, laughter and good times. Everyone supported each other



by listening and applauding one another. Special thanks to Tom Altieri for helping to organize the gallery to prepare for the event. The latest open mic event at the 1108 Gallery was held on Thursday, December 8th, 2016. We had a newcomer, Joni who read her spiritually inspired poetry. Matt Kratoville did a short improv skit on Jesus taking kids to the ballpark. Steve Freschl joyfully played Christmas carols and other children classics on his toy piano. Marie Tannyhill shared the continuing adventures of Pearly the Goldfish. I played my original brew of bluesy, rock-n-roll music in between to tie it all together. It was a nice intimate event. Having said that, we would love to see others come out and participate with us...especially you musicians, story tellers and poets out there! We know you're out there and you are welcome to perform in front of an intimate, enthusiastic, and attentive audience. The open mic is a supportive environment for you to enjoy performing in front of others. All levels of creativity are welcome! Join us next time on Thursday, February 9th from 5-8 at the 1108 Gallery. Stay tuned!

Ron Corral Jr.

Successful Holidays With Your Friends

Most any small or not so small holiday gathering can be an occasion of joy at the holidays. They can make us happy! There is a healthy universality of friendship and clearly social relationships are good for us. Isolation can breed loneliness and possibly related depression. Maintaining strong ties has been shown to be good for our health and prolongs life. Holidays can often go well, but they have the potential to flounder too. Still consider that gatherings can actually decrease stress levels and create “social support” when done right. I have here a few ideas and “tips”, to be taken with a grain of salt, they are suggestions with thought behind them...

Of course links of blood, marriage, companionship or significant time of life lived in common/ in concert often cause bonds to arise. Introducing friends to each other can be dicey but often a beneficial and rewarding endeavor.

Pre-gathering organize the ideal “casting” of the group... It is very important to carefully choose the people you meet up with for the holidays. Be choosy! This is for your own good too. Say yes to old friends with whom you have shared holidays before. You may well share the same interests, values, pace and lifestyle.

Financing festivities could be an issue: In spite of what you might think money can still be taboo among friends. It can be easier to ask for a raise than asking your friends to split a bill or pay for food or gas even when seemingly appropriate.

If your finances are a bit tight, don't feel obliged to keep up with the others. You could regret your “free spending” later when you get home and revisit your planned budget. If you go on an vacation/longer outing, consider that you could keep a notebook in which each friend writes down exactly what he/she has spent, tallying up expenses time to time and keeping them relatively even.

If children are a definite part of the mix, (they can't be left with grandparents, sitters, etc..) There are no guarantees at all that friends have the same attitude to parenting as you. A select number of children in attendance could be fun for all, conversely (again be choosy if possible). Maybe then too it would be best to spend time together pre-holiday instead to ensure as regards expectations, discipline and bedtimes there are no real conflicts set to emerge.

Never impose any activity on anyone, let friends do what he or she is pleased doing (within reason). And yet still don't let folks monopolize activities...don't allow selfishness. Crucially you do need to agree on the importance of food and drink. Those who get a natural high from life are welcome and alcohol is not recommended.

Good conversation could make or break the gathering as much as the festive food and drink, presents, etc. Consider previewing a good book or keeping up with a movie/movies, the news etc. and spark up conversation. Surprisingly, it is possible to have great holidays with people with different interests; they like rock and maybe you like jazz for example. There can be common ground and interests or learning something new to gain in surprising interactions.

by Peter Angelo



Dealing with Distraction—Part 1

Have you said any of these recently?

- I get distracted and procrastinate.
- I make plans but I don't follow through on them.
- I get things done... but not the right things.

The problem often comes down to just one word: "reactive."

Maybe that wasn't the word you were expecting. But reactivity is a problem people have been contemplating for thousands of years. And, yes, it's a bigger issue now than ever.

What is it? What can we do about it? Neuroscience and ancient wisdom from Buddhism and Stoicism have answers.

Let's get to it...

Your Reactive Brain

Maybe you're lazy, maybe you're not lazy. But one thing is for certain: your brain is.

Research shows that even in our free time we often don't do what we enjoy most -- we do what is easy. Your brain doesn't want to waste energy. So it's always a bit lazy.

Problem is, the world is not lazy. These days it's constantly shouting at you.

Sometimes it's the siren song of entertaining things like text messages from friends and other times it's scary things like work emails -- but it's shouting.

Everything is demanding our attention. We'd like to make a plan and follow through or accomplish goals undistracted but the world seems to be working against you.

Your lazy brain is happy to just react to that relentless bombardment of stimuli coming its way. But when you just react, you don't usually make the best choices. And while you're definitely doing something, you're rarely achieving your goals.

That's because when you're reacting, you're not in control of your life. In fact, reacting is the opposite of control. You see something fun and you chase it. You see something scary and you run away. Either way, your environment is determining your behavior.

It's ironic that we so often say to others, "Don't tell me what to do!" And yet, all too often, we're letting the world around us determine our actions. We're not starting from plans and decisions, we're reacting. More often we need to step back rather than dive in. But how do we do that? First, we need to prepare...

Control Your Context

So when you need to get work done, put your phone on the other side of the room. Make distractions harder to reach.

When you have fewer things to react to or you make it harder to react to them, you'll be less reactive.

Preparation is great but that's just the first line of defense. What do you need to do when you're face to face with something that's pulling you into reactive mode?

To Be Continued in Next Issue!



**Enterprise
Resource
Center**

3270 Kerner Blvd.
Bldg. A, Ste. C
San Rafael, CA 94901

1108 Gallery

1108 Tamalpais Avenue
San Rafael, CA 94901

Phone: 415-457-4554

Fax: 415-721-2231

Warmline: 415-459-6330

E-mail:

Inoonis@camarin.org

We're on the Web!
camentalhealth.net

The Enterprise Resource Center is managed exclusively by trained mental health Peer Counselors. Our staff of peers allows us the opportunity to uniquely relate to, understand and help the people who come to the center. We have all once been in the shoes of those we now serve.

Our mission is to provide a safe, caring environment where people can discuss their illnesses, obtain feedback from peers, learn about community resources and feel connected to a community which is there to help as well as provide a social setting. People not only learn at the Center, they make friends here.

ERC Hours: Mon-Fri 9am-4pm,

Sat & Sun 10am-4pm

Warm Line: Sun-Sat 1pm-9pm

Gallery Hours: Wed, Thurs, Fri 5pm-8pm

ERC Field Trip Outings

The Enterprise Resource Center has monthly field trips available. We would love to have you join us! If you are interested in participating in ERC outings, please call 415-721-2233 for information and registration.

