

# The SafeHarbor Digest



A SafeHarbor Foundation Internal Publication

## VOLUNTEERING IS THE OPPOSITE OF ACTIVE ADDICTION

That rings true. Where addiction isolates and consumes, volunteering connects and gives back. The service and selflessness involved in volunteer work offer countless benefits to those on the journey to recovery. Here are just a few:

- ***Builds Social Connections:*** Volunteering brings people together. It helps form healthy relationships and creates a sense of belonging—something addiction often strips away.
- ***Creates Structure:*** Recovery thrives on routine. Volunteering provides consistency and helps fill time with meaningful activity.
- ***Improves Self-Esteem:*** Helping others can rebuild a sense of self-worth that may have been damaged by addiction.
- ***Boosts Mental Health:*** Acts of service reduce stress, combat depression, and increase feelings of happiness and purpose.
- ***Teaches New Skills:*** Whether it's communication, teamwork, or technical abilities, volunteering opens doors to learning and growth.
- ***Restores a Sense of Purpose:*** Addiction can leave people feeling aimless. Volunteering helps restore direction and value to one's life.
- ***Benefits Others:*** The impact of volunteering ripples outward. Helping others strengthens communities and reminds us that we are all interconnected and matter.



Most importantly, *volunteering shifts the focus away from selfish, harmful behaviors toward selfless, healing actions.* It replaces destructive habits with connection, service, and a sense of meaning.

Adapted from [/isaiah-house.org](https://isaiah-house.org) with modification

## Pics of The Month

The Blue Creek  
Clendenin, WV



"Laughing, it does a body  
and soul good."  
The Digest

## Never Forget ...

*"It does not matter how slowly you go as long as you do not stop."* – Confucius

*"Recovery is about progression, not perfection."* – Unknown

*"I'm not telling you it is going to be easy. I'm telling you it's going to be worth it!"* – Unknown

*"Remember that just because you hit bottom doesn't mean you have to stay there."* – Robert Downey Jr.

*"Rock bottom became the solid foundation on which I rebuilt my life."* – J.K. Rowling

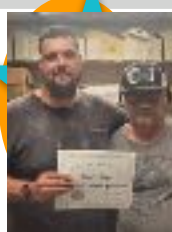
## SafeHaven Residents of the Month



**Brittany** is the Resident of the Month at 9th House



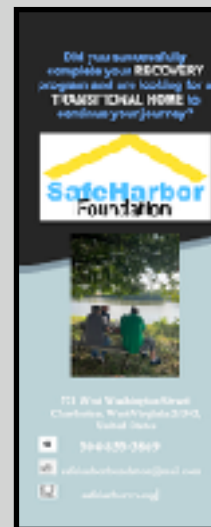
**Cory** is the Resident of the Month at Wyoming



**Justin** is the Resident of the Month at Central



**Jerry** is the Resident of the Month at Branch House



Send your essays, reflections, and creative works to [ziyatisafehaven@gmail.com](mailto:ziyatisafehaven@gmail.com)

Quote of the Month

**"The best way to find yourself is to lose yourself in the service of others."**

*Mahatma Gandhi*

## LESSON 6. Promote Self-Learning

Take a few moments each day or week to reflect on these questions. There are no right or wrong answers—only honest ones.

### 1. Name Your Biggest Trigger.

*If I had to narrow my biggest trigger down to one word, what would it be—and why?*

(Understanding this can help you build effective coping strategies.)

### 2. Emotional Readiness

*What emotional state do I need to be in to support long-term recovery?*

(Think: acceptance, forgiveness, hope, etc.)

### 3. Personal Responsibility

*What am I now ready to take personal responsibility for that I wasn't before?*

(This could be decisions, relationships, self-care, etc.)

### 4. Finding Peace

*Where do I feel most at peace?*

*What small steps can I take to bring that feeling into my daily life?*

### 5. Motivation

*What is the most powerful thing I've heard, read, or experienced that motivates me to stay in recovery? (Keep this close—it can be a compass on hard days.)*

### 6. Future Vision

*Where do I see myself in 5 years if I stay on this path?*

(Dream big but remain grounded. Visualizing success can make it feel more attainable.)

### 7. Self-Worth

*What would it take for me to feel genuinely proud of myself?*

(Is it consistent? Honesty? Rebuilding relationships?)

From recovery-iowa.org