**APRIL 2017** 

## MESSAGE from our Alumni Relations Manager

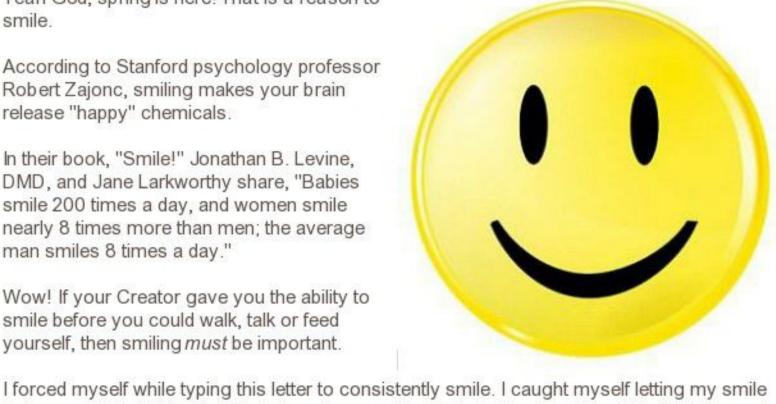
Alumni friend,

Yeah God, spring is here! That is a reason to smile.

According to Stanford psychology professor Robert Zajonc, smiling makes your brain release "happy" chemicals. In their book, "Smile!" Jonathan B. Levine,

DMD, and Jane Larkworthy share, "Babies smile 200 times a day, and women smile nearly 8 times more than men; the average man smiles 8 times a day." Wow! If your Creator gave you the ability to

smile before you could walk, talk or feed yourself, then smiling must be important. fade away. But, I did notice that when I was smiling, I started to chuckle a little. I felt more at



Seriously, it is relaxing to smile. Have you noticed that when you are around babies their smile is so effortless? Babies do not care what you will think of them when they smile at you. It is their way of acknowledging that you are there. It is their authentic emotional response that has not been tainted with

ease when I was smiling than when I was not. Could the "happy" chemicals be kicking in?

thoughts of fear and assumptions. It is the truest form of living in the moment. Positive Thinking magazine shared this story:

Did you know that receiving a smile is better than chocolate? In a British study, 109 adults were shown photos of loved ones smiling, and given money and chocolate. What

caused the biggest short-term high? A child's smile, which proved as stimulating as eating 2,000 chocolate bars. I am sure some of us will beg to differ regarding the 2,000 chocolate bars, but I think as adults we may be missing the bus on this natural "happy" chemical the brain releases that is known to reduce stress and bring happiness. I have never witnessed someone say they are happy while having a frown on their face. Just try it - it feels awkward. How many times

In closing, every year around this time, I begin getting excited about the upcoming Alumni Retreat. This year's Retreat will be held October 19-22, 2017. What makes this year even more exciting is that the Sierra Tucson Alumni Retreat (S.T.A.R.) is celebrating its 30-year anniversary! Our theme this year for S.T.A.R. 30, "Embrace the Miracles," is exactly what we plan to do throughout the weekend. I could not be more excited to announce that Sierra Tucson founder Bill O'Donnell will be joining us and sharing his story. I hope you will make plans to attend.

have you said, "I just want to be happy?" Well, turn the frown into a smile and see what happens. While you're at it, choose to create a short-term high in someone's life by giving

Tim McLeod

Blessings,

Alumni Relations Manager

him or her a smile, too.

## The 2nd annual Alumni Spring Renewal is almost here!

RECHARGE YOUR RECOVERY





## continuing care Phoenix, AZ

**ALUMNI GROUPS** 

support Scottsdale, AZ Chicago, IL Boston, MA

San Diego, CA Newport Beach, CA Denver, CO Atlanta, GA Austin, TX

Dallas, TX

Los Angeles, CA

## May 24 - Los Angeles CC Group (Courtney) May 25 - Newport Beach Alumni Workshop (Courtney)

May 23 - San Diego CC Group (Courtney)

May 22 - San Diego Alumni Workshop (Courtney)

May 19 - Atlanta CC Group (Alison)

to each of you

Wayne N. - Tucson, AZ **Eight Years** 

CONGRATULATIONS

One Year

Four Years

**Five Years** 

Julie M. - Ann Arbor, MI Lindsay L. - New York, NY Sarah T. - Beachwood, OH

Nine Years Lara E. - Austin, TX Eleven Years

Molly F. - Dallas, TX

If you are celebrating a year or more of sobriety, abstinence, clean time, pain-free time, etc.

in the month of May, please send an email to Alison Broderick that includes: First Letter of Last Name

**ALUMNI RELATIONS TEAM** 

Sierra Tucson is ALL about Celebrating the Miracles!

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First Name

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How Many Years You Are Celebrating

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