

UPLIFT: A monthly ASCA newsletter of thriving and inspiration. Exclusively from The Morris Center for Healing from Child Abuse.

JULY 2019



UPLIFT

Featuring positive, uplifting information exclusively from The Morris Center for Healing from Child Abuse.

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Can you believe we are already more than halfway through the year 2019? Many of us have experienced that changes can happen in our lives, everyday. How are you coping with those changes? Now is as good a time as any, for us to check in with our coping mechanisms.

[Click here to check out an article from verywellmind.com](#) on **40 Healthy Coping Skills**.

The article suggests to ask ourselves "Do I need to change my situation or do I need to find a way to better cope with the situation?". Exploring the two main types of coping skills, you'll also find healthy suggestions for each type of coping skill. The article also explores unhealthy coping skills to avoid, and discusses proactive coping strategies as an effective way to manage the future obstacles we are likely to face.



Have you shared your story?

Our Quarterly Newsletter is around the corner, and that means we want you to submit your stories/experiences so that we can share it with our +3,500 Newsletter subscribers. Just like in an [ASCA Support Group meeting](#), sharing with other Adult Survivors

of Child Abuse can be very helpful for the person sharing, and also the person taking in the information. More than 90% of our newsletter subscribers are Adult Survivors of Child Abuse. Many of us have had similar experiences, and may not have ever even met each other. Knowing that someone else had a similar experience, and is also an Adult Survivor of Child Abuse, can be very validating. Someone in Texas may for the first time, read about another survivor in Wisconsin who also was never allowed to leave their house. Someone in Norway may read about someone else in Canada who experiences difficulty taking criticism from their boss, because of the way they were minimized by one or both of their parents when they were a child.

Just like in an ASCA Support Group Meeting, only first names are used in our articles. You don't even have to use your real first name! Our Newsletter editor will help you get your article ready, so go ahead and [click here to email your rough draft](#) of 650 words or less. We expect to publish by **August 20th** at the latest.

Our Quarterly Newsletter also features the latest news of The Morris Center and our ASCA Support Groups. We will be sharing an interview from storycorps with Fire-Brown of [ASCA Atlanta](#), you won't want to miss it!

[Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Norma J Morris Center For Healing From Child Abuse whenever you shop on AmazonSmile. Click to start donating at no additional cost to you, instantly while shopping on Amazon.](#)

UPLIFT joins our still ongoing, quarterly newsletter. We would love to feature you. If you would like to volunteer, have comments or would like to provide supportive feedback for anyone featured in this newsletter, send an email to ascanewseditor@gmail.com by including their name in the subject line of your email.

A special thank you, to all those who have made a [donation to the Norma J Morris Center](#). We would not be here without you.

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