

# BRIGHT STORY SHINE

*What's your bright story?*



## VIRTUAL RECOVERY BURNOUT?

Read on for my first  
**Bright Story Shine**  
**Free Toolkit offer!**



@bright.story.shine.

*THERE IS ALWAYS HOPE*

By Caroline Beidler

Hello friends! Thanks so much for joining me on this journey. If you are anything like me, you may be a bit tired. Worn. Ready for the fresh hope of spring when the flowers start to blossom and the days grow longer and more golden.

It's been a long winter--okay, I'll say it too--it's been a long year and I don't want to speak for you but I can say that I am certainly ready for some change.

I started Bright Story Shine because as I've walked along this past year, it struck me again how important community is in recovery.

When I connect with someone's story, whether that is a story of recovery from addiction or mental health challenges or trauma, I am reminded why I live the life I do today. I am grateful that in hearing your story I am reminded of the importance of my own. Thanks again for connecting and I can't wait to hear your #brightstoryshine.

# 5 WAYS TO DEAL WITH VIRTUAL RECOVERY BURN-OUT

By Caroline Beidler

If you are like me, having cancelled in-person recovery meetings has led to a new reliance on the virtual recovery platforms. And THANK GOD for that! Perhaps you attend or have attended online meetings before (like [In the Rooms](#)) or maybe it was all new to you. Whatever your experience, it's been a transition and at times a difficult one, even though its been truly incredible how the recovery community has stepped up to provide support.

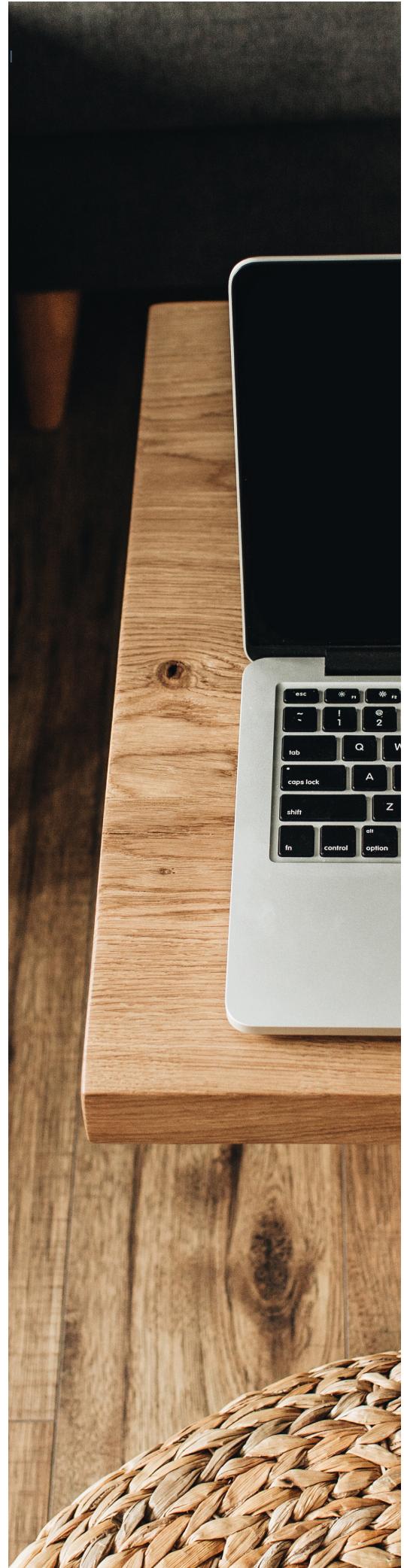
To address my own Virtual Recovery Burn-out, I've used five ways to reinvigorate my online recovery support schedule and I'd love to share them with you.

QUOTE

*If you are like me, no in-person recovery meetings has led to a new reliance on virtual recovery platforms.*

CAROLINE BEIDLER

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Sitting in front of a laptop screen after working in front of one for most or part of the day. Feeling tugs of resentment from your early days (or years in recovery). It even feels “cliquey” sometimes—though you aren’t quite sure how this can happen virtually: you remember glimpses of the high school cafeteria and you shudder. You might turn your camera off and simultaneously check Facebook or Instagram. You might reply to some emails or close your eyes for a nap. And the snacks—so many snacks! Whole holiday meals have been consumed as leftovers in front of the unsuspecting recovery meeting members that have no clue what is going on where you are behind your screen. And the not so wholesome—let’s not even go there.

To help me deal with my own bouts of virtual recovery burnout, I’ve come up with 5 ways to deal with it all. Here they are, friends:

## #1 BE CONSISTENT

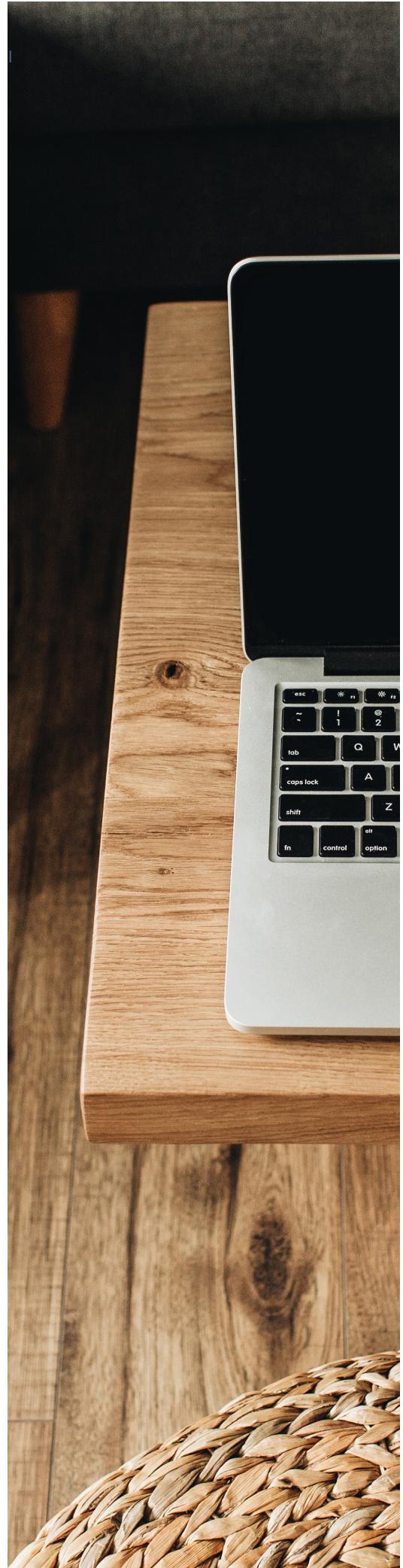
Set up regular calls or distance visits with your sponsor, mentor, or a close friend in recovery (if you don’t have one of these, I highly recommend it!) Email us if you’d like more info about how you can start connecting with someone in recovery.

## #2 SWITCH IT UP

Used to AA or NA or Alanon? Switch up one of your meetings for a different group. All Recovery meetings, Celebrate Recovery and many more are available. You can even try a meeting in another country! What?!?! Interested in learning more? [Shoot me an email](#) and I’d love to send some of my favorite virtual recovery meeting resources.

## #3 AVOID MULTITASKING

I know this is tough. According to my husband, I am the “queen of multi-tasking” and to my own detriment sometimes. With a million and one things happening or maybe I’m just mindlessly scrolling—either way, when I’m not fully tuned in, I’ve learned that I don’t get as much out of meetings. And most importantly, I’m not able to give as much. When I put my cell phone down or whatever else I am doing and really tune in, I have so much more of a connected and authentic virtual experience.



## #4 MAKE IT FUN!

Recently, for a recovery milestone, I hosted a “gratitude brunch” for my family and close friends in recovery. It was so fun! We had food, music, a popcorn-style gratitude circle and my kiddos even danced around the room at the end to that awesome song from Zootopia (if you don’t know this song, please Google it). It was awesome. I have a good friend, Emily Killeen from the [Happy, Sober, Free! Community](#), who regularly hosts dance parties. You can keep your camera on or off and dance to your hearts content. I’ve heard of other fellowships doing this as well. Virtual teas or coffees or workout sessions: there are so many ways to keep it fresh and fun.

## #5 SCHEDULE SCREEN-FREE TIME

Maybe this sounds a bit daunting for you—the thought of turning it all off. I have a past featured blog post at [The Grit and Grace Project](#) that talks about just this: detoxing from social media. You might be thinking “whoa, slow down a bit.” It doesn’t have to be as extreme as completely giving it up. But maybe you want to schedule in some time in during the day, in the evening or over the weekend, where the phone goes down and maybe you pick up a book, go for a walk, or pick up a new hobby (my husband has learned how to make the yummiest bread!). If you have a family, hang out with them. Play a board game, make up some fun games to play in the yard (our favorite is pretend fishing or monster hunting with flashlights). If you are a single lovely, hang out with your pet(s) or plants or just your sweet, lovely self. Take a deep breath and exhale.

These are unprecedented times: I’ve heard this said in over a million different ways over countless platforms. Though they are different and challenging, we can rise above and learn something from them. I hope that what has been working for me when I feel the burn-out kicking in, can inspire you to feel recharged in your recovery.

Much love,

Caroline



I'd love to hear how these tools work for you! Email me  
at [brightstoryshine@gmail.com](mailto:brightstoryshine@gmail.com)

