



## What is recovery?

Recovery is a personal process, so your recovery path is unique to you.

- It is moving toward wholeness and health.
- It is complex, and can involve managing multiple types of symptoms and challenges.

### Recovery

A process of change through which you can improve your health and wellness, live a self-directed life, and strive to reach your full potential.

## What does recovery mean to you?

Examining your own beliefs and ideas can help you achieve your health goals. In the box above, write what comes to mind when you think of the term *recovery*.

## What are some main principles of recovery?

1. **Recovery proceeds from hope:** Recovery is real. You can overcome challenges that you face.

2. **Recovery is person-driven:** Making choices, forming goals, and choosing what supports your recovery are part of building on your strengths and having control over your life.
3. **Recovery occurs through many pathways:** The journey toward recovery is a highly personal process built on your strengths, coping ability, and resources.
4. **Recovery is holistic:** It relates to mind, body, spirit, and community. It involves services you may need for your physical and mental health, substance abuse treatment, employment, housing, and education.
5. **Recovery is supported by peers and allies:** Peers, allies, and professionals in support group communities share knowledge and create spaces where you can feel supported while giving back to others.
6. **Recovery is supported through relationship and social networks:** Support and encouragement from families, peers, and other groups support your change and decrease your isolation.
7. **Recovery is culturally based and influenced:** your recovery journey is influenced by your values, traditions, and beliefs.
8. **Recovery is supported by addressing trauma:** Recovery is often associated with trauma, so supportive efforts should encourage safety, trust, and collaboration.
9. **Recovery involves individual, family, and community strengths and responsibility:** The strengths and resources of individuals, families, and communities are the foundation of recovery.

**10.Recovery is based on respect:** Respect and acceptance from society are important in order for you to move toward self-acceptance and find meaning.

**Which recovery strategies would work best for you?**

Recovery Strategies	Already using	Would like to use more
Joining a self-help or support group	<input type="checkbox"/>	<input type="checkbox"/>
Staying physically active	<input type="checkbox"/>	<input type="checkbox"/>
Maintaining a support system	<input type="checkbox"/>	<input type="checkbox"/>
Being aware of my environment's impact	<input type="checkbox"/>	<input type="checkbox"/>
Taking time for recreation & leisure	<input type="checkbox"/>	<input type="checkbox"/>
Finding creative outlets	<input type="checkbox"/>	<input type="checkbox"/>
Expressing spirituality	<input type="checkbox"/>	<input type="checkbox"/>
Following through with treatment plans	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>

**What is a relapse?**

Setbacks and challenges may happen in your recovery journey. A **relapse** is a sudden episode where mental illness symptoms become severe. Often your friends and family may see this as “acting out of character”.

- There are steps you can take to prevent, recognize, and manage relapses.
- A relapse could be triggered by conditions that make you more vulnerable and less stable in your recovery. Recognizing your triggers can decrease your chances of relapse.

**Triggers** are specific circumstances or events that might lead to a relapse.

- These circumstances might relate to increased stress, poor sleep, use of alcohol, or stopping medication.

## What are your triggers?

Examining your triggers can help you anticipate them and address them. In the box above, write what comes to mind when you think of what circumstances might apply to you.

## What are some early warning signs of relapse?

Changes in thoughts, feelings, and behavior can signal the start of a relapse. These changes may be unique, such as becoming preoccupied with a new hobby or activity or changing your appearance. Possible early warning signs include:

- Feeling tense
- Change in appetite
- Change in sleep
- Feeling depressed
- Withdrawing from family or friends
- Irritability
- Stopping medication
- Difficulty with concentration
- Thoughts others are against you
- Hearing voices
- Using or abusing drugs or alcohol
- Increased spending

- Overconfidence about abilities
- Behavior or personality changes noticed by others
- Other:

## What are some support and advocacy resources?

- Michigan Medicine Depression Center Toolkit:  
<http://www.depressioncenter.org/health-information/depression-toolkit/>
- National Alliance on Mental Illness (NAMI). <http://www.nami.org>

## References

1. Substance Abuse and Mental Health Services Administration. (2010). Illness Management and Recovery Evidence-Based Practices (EBP) Kit. Rockville, MD: Center for Mental Health Services, U.S. Department of Health and Human Services.
2. Substance Abuse and Mental Health Services Administration. SAMHSA's Working Definition of Recovery: 10 Guiding Principles of Recovery. <https://www.samhsa.gov/newsroom/press-announcements/201112220800>

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