

HAND OUT A – Exploring Recovery

Watching the video, we have followed Maybell's journey. Just like Maybell, you yourself may be going through a journey that feels challenging to you.

It is important we have a sense of purpose to redefine our sense of self in a more positive light. This is one of your first steps in your recovery journey.

Firstly, let's acknowledge your values:

1. What are they?

If you feel stuck, here are some ideas. Remember there are no wrong or right answers here. The main thing is that they bring joy and positivity into your life AND highlight what's important to you:

Family

Feeling secure

Creativity

Compassion

Balance

Resilience

Kindness

Courage

Write yours below:

If you choose to communicate this in an alternative method, you can draw or create a symbolic picture on the next page:

An example of symbolic imagery is included below: 'compassion for self'.



Resolve

For Everyone's Mental Wellbeing



Where mental wellbeing thrives

Although we do not need to put pressure on these values as being measurable or achievable, we should detail these values in a way that interprets your needs.

See examples below;

Family- making time for family. It makes me feel happy and connected when I see them.

Feeling secure- having a roof over my head. I always have the resources available for the essentials. This makes me feel content and calm.

Creativity - upon waking, writing engaging in creative writing - 5 lines a day. Always bringing a note pad with me to write when I'm in nature. It makes me feel alive and at one with the real me.

When we begin to develop our values, be careful of the language we use. Steer away from 'I want to see my family' or 'hopeful I can see more of my family'. Instead, we can make statements in *present tense*. 'Seeing my family' or 'Being with family'. If we write in future tense, it is as though we may have set ourselves up with a goal that feels unachievable.

2. Expand on your values below:

If you prefer not to write, draw pictures or symbols below:

HAND OUT B – Exploring Recovery

1. As part of how you define recovery you can choose a recovery principle/s.

Below are 'Recovery Principles'. Highlight or circle the principles that resonate with you and feel would like to help define your recovery journey.

<i>Choice</i>	<i>Options and ability to generate opportunities</i>
<i>Communication</i>	<i>Interactions and contacts; expressions</i>
<i>Compassion</i>	<i>Understanding; empathy; forgiveness</i>
<i>Courage</i>	<i>Personal Strength: the ability to accept responsibility in recovery</i>
<i>Holistic</i>	<i>The whole person, encompassing all the elements of life and living</i>
<i>Hope</i>	<i>Prospects and future aspirations</i>
<i>Human Rights</i>	<i>Protections for all Human Beings</i>
<i>Identity</i>	<i>Recognising self and the personal attributes that makes oneself and the experience of recovery unique</i>
<i>Individual</i>	<i>Self and the uniqueness it implies</i>
<i>Love</i>	<i>The healing properties of human connections</i>
<i>Non-linear</i>	<i>The haphazard way recovery can evolve, responding to circumstances and challenges</i>
<i>Peer support</i>	<i>Leveraging support from people who have/are experiencing their own recovery</i>
<i>Person-Led</i>	<i>The person leading their own recovery; Thinking about what they need and want and taking steps towards those things; establishing processes and connections.</i>
<i>Respect</i>	<i>Honouring self and others and the opportunities from life and recovery that exist.</i>
<i>Responsibility</i>	<i>Accountability in one's own recovery</i>
<i>Self- directed</i>	<i>The person taking responsibility for decision-making in their personal recovery</i>
<i>Self- empowerment</i>	<i>Learning from experiences through recovery, using skills and knowledge acquired</i>
<i>Strengths-focused</i>	<i>Focusing on the abilities and strengths that exist/are available</i>

2. You may like to now combine your values with your recovery principles in a statement below:

At home, you may want to showcase your values and recovery principles where you can see them or write them down in a diary.

Notice your values are allowed change over time and that's ok.

Your values are an area in your life you can gravitate toward. The decisions you make each day will revolve around your values and take you closer to living the life you want and deserve. They also underpin the strengths you develop.

You may feel a sense of ease when you realise that although you may be living with chronic and/or challenging issues out of your control, there are areas of life swimming alongside this which you *can* control and find moments of joy in.