

Recovery Tips for Success

One of the most important things to remember about recovery is this: people can and *do* recover from all types of issues including substance abuse problems, depression and other behavioral health disorders. However, there will be times when you are in a stressful or challenging situation. Remember, you are in control of your recovery. Below are reminders to help you during difficult times. Keeping your personal coping strategies in mind can also help you.

Recovery

R–Recognize. The first step to recovery is being aware of a problem. Watch for symptoms, triggers and other signs of your illness; write them down and talk with a trustworthy person about them. Illness can impact mental and physical well-being.

E–Educate. Knowledge is power. Read about the latest findings on your disease. Learning how to manage your illness is a significant step in your recovery process. Be certain to share what you learn with others who have similar interests and concerns. Getting another person’s perspective can help you decide what is right for YOU.

C–Create. Build an atmosphere that is comfortable and safe by locating a local support group. Before a meeting, practice speaking ahead of time alone or with someone you can rely on to be supportive. Think about what you want and create a wish list.

O–Open. Honest and open communication is very important. Speak up about concerns you may have. Ask questions and be open to feedback. When asked a question, if you don’t know the answer, ask for more time to think about it and follow up. Having regularly scheduled ‘family or group’ meetings can help keep the lines of communication open between family and group members. Talk to a professional who can help and also provide other useful resources.

V–Voice Your Feelings. Take time to be sure of your feelings and views. Work with people that can understand another person’s concerns or feelings. If you feel that you have been misunderstood, rephrase your thoughts or take a moment to think about what you want to get across. This is an effective way to resolve difficulties.

E–Explore. Clearly identify your needs and explore all possible options and solutions. Work with a trusted friend, relative or behavioral health care professional on the details. Consider exploring resources on the Internet or go to the library for materials that can help with problem resolution. Community organizations, high schools and colleges sometimes offer workshops at little or no cost.

R–Referral. Self-care is important. Whether you need a second opinion on a diagnosis or treatment, a therapist with a particular expertise, another place to live or a vocational training program, there are people who can help you with these matters. Know your alternatives and don’t hesitate to ask for a referral. Getting help from people around you can assist you in achieving and maintaining the life you want.

Y–You can do it. The above actions take energy, time, courage and determination but remember: **YOU ARE WORTH IT!**

To find out what your program offers, call your toll-free number 800-523-5668 or log on to www.MagellanHealth.com/member.