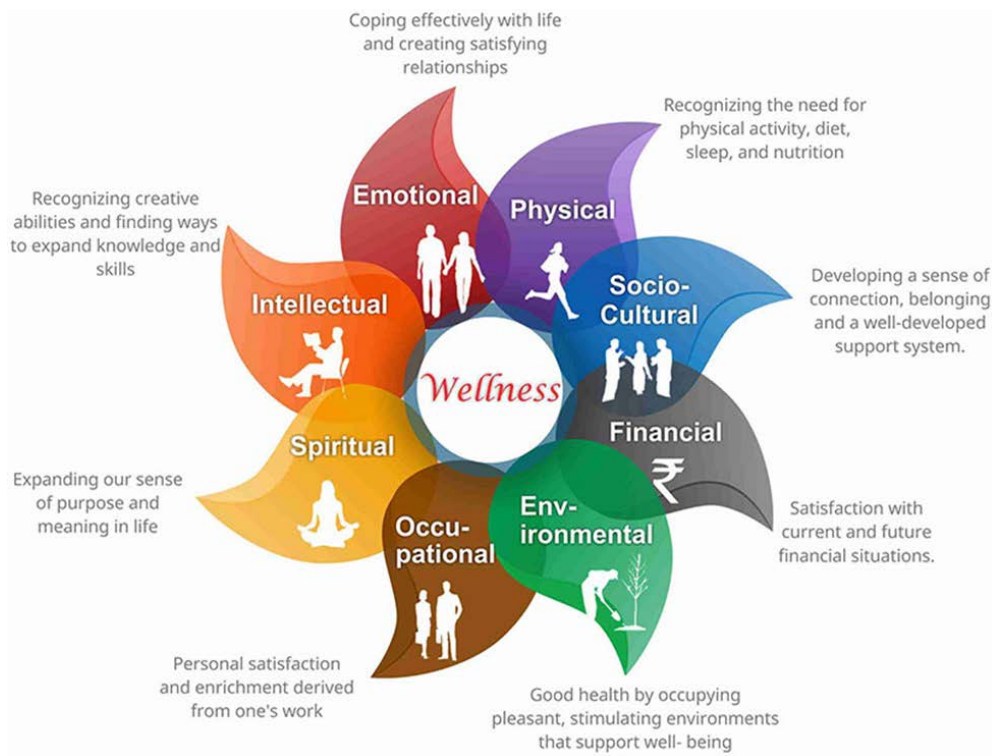


My

# Recovery Wellness Plan



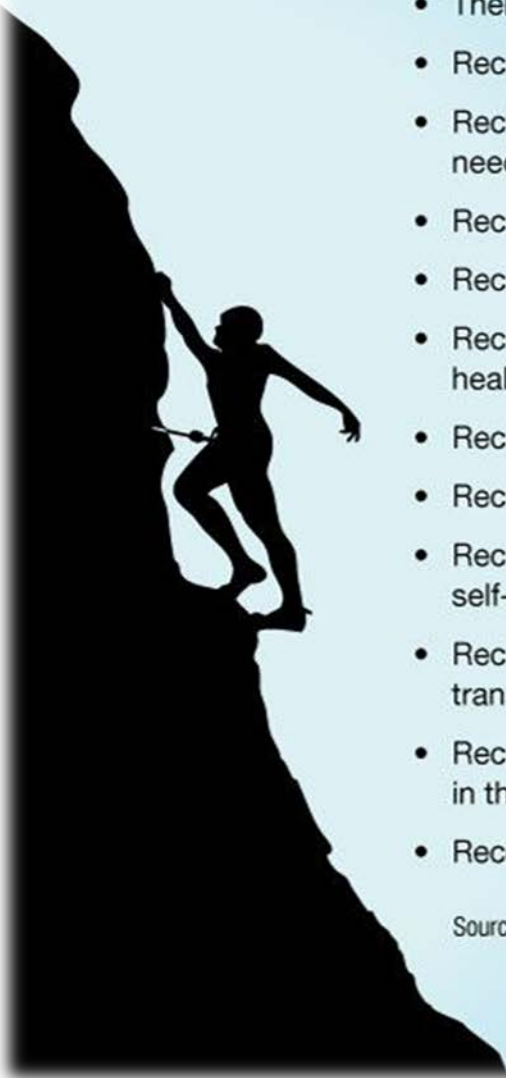
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*“Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”*

*~SAMHSA (2014)*

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## Guiding Principles of Recovery

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- There are many pathways to recovery.
  - Recovery is self-directed and empowering.
  - Recovery involves a personal recognition of the need for change and transformation.
  - Recovery is holistic.
  - Recovery has cultural dimensions.
  - Recovery exists on a continuum of improved health and wellness.
  - Recovery is supported by peers and allies.
  - Recovery emerges from hope and gratitude.
  - Recovery involves a process of healing and self-redefinition.
  - Recovery involves addressing discrimination and transcending shame and stigma.
  - Recovery involves (re)joining and (re)building a life in the community.
  - Recovery is a reality. It can, will, and does happen.

Source: CSAT White Paper: *Guiding Principles and Elements of Recovery-Oriented Systems of Care.*

*This plan is written, maintained and kept by you.*

*It can be helpful in guiding the conversations between you and your Recovery Coach.*

*It is often helpful to break down Recovery Wellness into smaller parts; these will be listed below. Under each heading, you will find some questions to get you thinking. Some will strike you as more important than others. Pay attention to these! There is an opportunity to make a goal under each heading – yet you do not need to have a goal under each heading. Often times, it gets confusing to have more than a couple of goals at a time.*

*Let's get started!*



What is my overall recovery wellness goal?

## 1. Connection to the Recovery Community?

- Do I have contact on a regular basis with people in recovery?
- Am I, or do I want to be, involved in a recovery support group?
- If involved in a support group, am I active in it and taking suggestions?
- Am I, or do I want to be, involved with a faith community?
- If involved in a faith community, am I active in that community?
- Do I spend social time with others in recovery?
- Other questions I should be asking myself: \_\_\_\_\_?

### Recovery Goal

Steps I need to take to reach my goal

When do I want to have this goal accomplished?

## 2. Physical Health

- Do I eat a balanced diet?
- Do I exercise regularly?
- Do I get enough sleep?
- Do I need to see a doctor or a dentist?
- Do my health care providers know that I am in Recovery?
- If I have been prescribed medication for my physical health, am I taking it as prescribed?
- Other questions I should be asking myself: \_\_\_\_\_?

### Recovery Goal

Steps I need to take to reach my goal

When do I want to have this goal accomplished?

### 3. Emotional Health

- Do I work at being in healthy relationships?
- Am I seeing a therapist/counselor or need to be seeing one?
- Do my care providers know that I am in Recovery?
- If I have been prescribed medication for my emotional health, am I taking it as prescribed?
- Other questions I should be asking myself \_\_\_\_\_ ?

#### Recovery Goal

#### Steps I need to take to reach my goal

#### When do I want to have this goal accomplished?

### 4. Spiritual Health

- Am I comfortable with my spirituality?
- Do I need to develop a spiritual sense and spiritual practices?
- Am I disciplined about my spiritual practices?
- Do I take time each day for prayer, meditation and/or personal reflection?
- Other questions I should be asking myself: \_\_\_\_\_ ?

#### Recovery Goal

#### Steps I need to take reach my goal

#### When do I want to have this goal accomplished?

## 5. Living Accommodations

- Does where I live support my Recovery?
- Does who I live with support my Recovery?
- Do I need to make any changes in my living situation?
- Other questions I should be asking myself: \_\_\_\_\_?

### Recovery Goal

### Steps I need to take reach my goal

### When do I want to have this goal accomplished?

## 6. Job/Education

- Do I have or need a job?
- Does my job support my recovery goals?
- Am I satisfied with my education statues?
- Do I need to return to some form of education?
- Do I need training in any area?
- Other questions I should be asking myself: \_\_\_\_\_?

### Recovery Goal

### Steps I need to take to reach my goal

### When do I want to have this goal accomplished?

## 7. Personal Daily Living Management

- Do I have a way to manage my money? Checking account?
- Do I know how to use and balance a checkbook?
- If I have credit, do I manage it appropriately?
- Do I pay all my bills on time?
- Do I save any money?
- Other questions I should be asking myself: \_\_\_\_\_?

### Recovery Goal

Steps I need to take to reach my goal

When do I want to have this goal accomplished?

## 8. Other

- Are there other areas I wish to explore?
- Other questions I should be asking myself: \_\_\_\_\_?

### Recovery Goal

Steps I need to take to reach my goal

When I want to have this goal accomplished?