

Recovery

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.

Resiliency: A Key Component of Recovery

- Recovery is characterized by continual growth and improvement in one's health and wellness that may involve setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery.
- Resiliency develops over time and gives an individual the capacity not only to cope with life's challenges but also to be better prepared for the next stressful situation.

Four major dimensions that support a life in recovery:

- 1 Health:** Overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- 2 Home:** Having a stable and safe place to live.
- 3 Purpose:** Conducting meaningful daily activities, such as a job, school, volunteer opportunities, family caretaking, or creative endeavors, and having the independence, income, and resources to participate in society.
- 4 Community:** Enjoying relationships and social networks that provide support, friendship, love, and hope.

A person's recovery is built on their:

- Strengths
- Talents
- Coping Abilities
- Resources
- Inherent Values

Sources:

Source: <http://www.samhsa.gov/recovery>. Retrieved August 31, 2015.