Two keys to a successful recovery from a mental health or addiction concern.

There are two things you can do to help you have a more positive and successful recovery experience. The first is to connect with supports and resources you feel good about. Spend some time looking into the different options that are out there. Look for positive people that are understanding, accepting and supportive. Find places where you can go that help you feel a little better. Consider support groups, faith-based support and volunteering. Just as important is to identify and develop the internal strengths that you can tap in to. These could be things like having a positive future focus, being able to put things into perspective, being mindful of your thoughts, a sense of humour about things and having an interest in learning new things. If at first you don't find the supports, resources and strengths that are going to work for you persist, keep believing and keep looking.

The second thing you can do to have a more successful recovery experience is to regularly monitor your progress. You could use a tool like the Recovery Tracker to do this and it is available for free from our website – www.WellbeingTrackers.com. If the Recovery Tracker is not a good fit for you that's fine; just keep looking and find the tools that will work for you.

Finding and connecting with the supports and resources that feel right to you is a big part of recovery.

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