3 Steps To Recovery

Step 1: Focus on developing healthy stress coping skills.

When you are going through a difficult period in your life it is important to develop healthy stress coping skills. It is important to deal with your distress in a healthy way and to develop the skills needed to do this. Try some of the ideas in the "Health Stress Coping Skills" worksheet to help you with this – you can download this worksheet from our website – www.WellbeingTrackers.com.

Step 2: Focus on good self-care.

For many people in early recovery focusing on taking good care of yourself can be an important part of the journey. This could be simple things like developing better sleeping patterns, eating better and exercising more regularly. It could also be spending time doing things like hobbies you enjoy, visiting places that help you feel better and connecting with friends. Initially, you may only be able to take small steps towards better self-care, and that's a good place to start.

Step 3: Prioritise recovery in your life.

Everyone's recovery is unique. People find different ways of looking at recovery that work for them. One thing that is important is deciding to prioritise recovery in your life, for example, by reminding yourself each day to focus on the things that make a positive difference to your recovery. Another thing that can help you focus on your recovery is by regularly tracking and charting your progress. The Recovery Tracker can help you do this, and it is available for free from our website. You can also use the Recovery Trackers to share and discuss your progress with a supportive friend or family member.

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