



RECOVERY MADE SIMPLE

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RECOVERY TRACKER WORKBOOK



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PURPOSE OF THIS WORKBOOK

The purpose of this workbook is to give you a simple process to help you recover from a difficult time in your life, such as a mental health or addiction concern.

This process is easy-to-do and will take about 10 minutes of your time each week.

SKILLS YOU WILL LEARN IN THIS WORKBOOK

- How to use the Recovery Tracker
- Ways to progress in your recovery
- How to develop your self-tracking skills

GET IN TOUCH

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STRUCTURE OF THIS WORKBOOK

Part 1

How to use the Recovery Tracker

- Simple instructions for using the Recovery Tracker
- Tips for using the Recovery Tracker
- My self-tracking recovery story

Part 2

Ideas to help you progress in your recovery

- 2 keys to a successful recovery
- 3 steps to recovery
- Ideas for building your recovery capital - your strengths, supports and resources
- Skill building worksheets to help you on your journey (just use the ones you feel will be helpful)
- Self-tracking recovery stories

Part 3

Ways to develop your self-tracking skills

- Personalise your recovery tracking tools
- Progress on to wellbeing tracking tools
- Create your own self-tracking tools
- Wonderful things you can do with wellbeing and recovery tracking tools

PERMISSIONS

This workbook is free for everyone to use and share. This includes the Recovery Tracker which can be downloaded from my website.



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DISCLAIMER

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2. **Any reliance you place on the information, resources and tools in this workbook is strictly at your own risk.**
3. The information, recommendations, tools and resources in this workbook only represent the author's opinion and is not in any way to be considered as professional advice.
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5. No assurance of any kind is given that using this workbook will improve a person's wellbeing or help them recover from a mental health or addiction concern.
6. Although steps are taken to avoid this, no guarantee is given that the information provided in this workbook is correct, complete or up-to-date.
7. You are wholly responsible for how you use Recovery Trackers and Wellbeing Trackers.
8. The creator of the Wellbeing Trackers, Recovery Trackers, tools, workbooks and informational booklets available from the website - www.WellbeingTrackers.com - takes no responsibility for how you use them or any consequences of your use of them.
9. This workbook is not for the treatment of mental health, addiction or physical health problems. If you have a mental health, addiction or physical health problem consult with appropriate professionals for support, advice and guidance. If you wish you may use this workbook as an integrated part of treatment or as a complementary support for treatment.
10. Wellbeing and Recovery Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian.
11. This disclaimer is stated in addition to your legal rights.



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SIMPLE INSTRUCTIONS FOR USING THE RECOVERY TRACKER.

Follow these steps each week in order to use the Recovery Tracker to help you recovery from a difficult time in your life, such as a mental health or addiction concern.

Step 1

Answer the questions on the Recovery Tracker.

Step 2

Add up your total score.

Step 3

Plot your total score on the chart.

Step 4

Reflect on your progress and think of a small, practical step you can take to improve your score over the coming week.

Step 5

Repeat steps 1-4 each week.



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TIPS FOR USING THE RECOVERY TRACKER.

Consider the following ideas when using the Recovery Tracker as they may help you to be successful on your recovery journey.



Focus on improving your score by just one point each week.



Consider discussing your Recovery Tracker with a supportive, accepting friend that you trust.



While you are recovering, it is important to focus on increasing the strengths, supports and resources you are connecting with. This is called building your recovery capital.



When you are feeling better consider progressing on to a wellbeing tracker. There are many different ones to choose from and they are available for free from WellbeingTrackers.com



Whatever way you use the Recovery Tracker use it in a way that feels right to you – that's the key!



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WEEKLY PLANING JOURNAL

Each week, after completing the Recovery Tracker, write down some small, practical steps you can take to improve your score.

Week 1

Week 2

Week 3



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WEEKLY PLANING JOURNAL

Each week, after completing the Recovery Tracker, write down some small, practical steps you can take to improve your score.

Week 4

Week 5

Week 6



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WEEKLY REFLECTION JOURNAL

After completing the Recovery Tracker, write down some things you have learned about your recovery over the past week.

Week 1

Week 2

Week 3



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WEEKLY REFLECTION JOURNAL

After completing the Recovery Tracker, write down some things you have learned about your recovery over the past week.

Week 4

Week 5

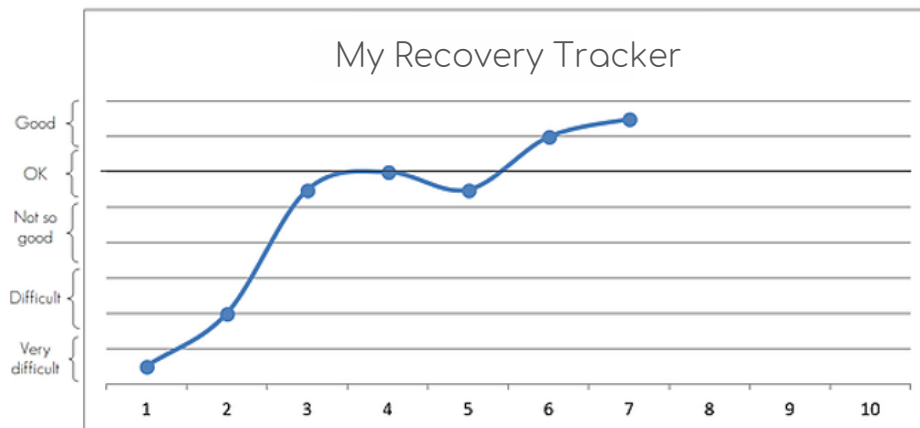
Week 6



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MY SELF-TRACKING RECOVERY STORY



A few months after my second relapse I wrote down my recovery story. Here it is.

I had been well for 5 years and then I had a major mental health relapse. Looking back I can see that some of the symptoms had started to return a few months before the relapse. I can also see now that I had stopped focusing on my recovery and taken it for granted about a year before. I had broken my collar bone and stopped cycling, something I enjoyed that kept me mentally and physically healthy. Also, at the time I was going through a lot of stressful difficulties both personally and at work. All this contributed to my relapse. When it happened it was like a complete system collapse.

I was unable to function. I went off sick at work. The day after it happened I went to see the doctor. Because I was so unwell I feared I would not be able to articulate my symptoms. I was afraid I would not get any support. So I wrote down all my symptoms. One of the delusions I suffer from when I am ill is that no one will believe that I am genuinely unwell and unable to function. I believe people will think I am just making it up and milking it. When I am ill I need help. I need people to support me so I can recover. And when I am ill one of my fears is that I won't get help and I won't get better and I will lose my job and family.

So I shared my concerns with the doctor and then a mental health nurse and then she consulted with a psychiatrist. They really supported me. They understood how unwell I was. I got some good medication that helped me to relax. Sometimes they just helped me sleep. They kinda grounded me so I could get some relief from the symptoms. I am not saying medication is for everyone but it was a really important part of my recovery for those first few weeks when the symptoms were really bad.



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I believe that everyone's mental illness is unique. Here is the list of the symptoms that I wrote down that day. I am just sharing them so you get an idea about how horrible it is to have a relapse. Physically I felt dizzy sometimes, exhausted, unable to rest, waking up early - between 4am and 5am - and unable to get back to sleep, feeling sick all the time, not able to eat during the day, psoriasis spreading over my body, physically feeling pain all over, legs feeling very weak and being dehydrated. Mentally I had poor concentration, repeating thoughts, dark thoughts, unsure of myself, delusions, brain fog and afraid I would never get better. Emotionally I felt dread, sick, very irritable, confused, not able to face things, avoiding people and places, staying away from everyone, afraid people would realise how unwell I was and feeling overwhelmed.

Fortunately, I got a lot of help from the hospital. The next month and a half was really just rest, focusing on recovery and slowly trying to figure out how to start again. The most important thing was holding on to hope during the difficult days. I refused to believe that I would not get better. I kept hope alive somehow. And bit by bit I started to feel not so sick all the time. I worked on my recovery process. I started to focus on me and taking care of myself by trying to sleep better and being mindful of my thoughts. The most important thing was that I started to prioritise recovery in my life again. Focusing on being well today and making the most important thing each day. And I am doing well again. I am back at work, getting stronger and the symptoms are very much less. I feel good a lot of the time. I am able to enjoy life, hobbies and relationships again. I am able to think clearly. I rarely have the delusions that used to trouble me so much. Now they are more like passing thoughts that I quickly realise are not true.

It was 5 years before this that I had had a previous mental health episode. This time I was able to use the Recovery Tracker. I remember in the first week of my relapse I had a very low score. It was the day after I went to the hospital that I started using the Recovery Tracker. I found it helpful to see the low score on the graph. It made me realise that what was happening to me was real, that this isn't me making this up, that I was very unwell, and that I needed help. The next week I was still low. But I stayed true to the commitment that I made to myself that I was going to keep hope and not let the illness take that from me no matter what. I refused to give into the fear that I would never be well again, even if that's how it seemed to me at the time. And the next week I was a bit better and this gave me encouragement to keep working on my recovery.



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Over the following weeks I kept using the tracker until I was in a good place. Subsequent to that I moved on to some wellbeing trackers. I like the Healthspan Tracker, Relationship Tracker, Experience Tracker and the Highest Possibilities Tracker. Using them helps me focus.

Using the Recovery Tracker during my relapse helped me find direction and gave me a process I could trust in. It helped me move forward and keep hope. It helped me to acknowledge when I had made progress and I took encouragement from that. It's good to know that it's there for me if I ever need it.



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2 KEYS TO A SUCCESSFUL RECOVERY.

Research shows that doing the following two things helps people recover from a difficult time in their life. It makes the recovery process simpler and faster.



Build your strengths, supports and resources.

Connect with supports and resources that 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 as connecting with supports and resources is to identify and develop your internal strengths. These could be things like having a positive future focus, being able to put things into perspective, being mindful of your thoughts, having a good sense of humour 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.



Regularly monitor your progress.

The other thing you can do to have a successful recovery is to regularly monitor your progress. One way of doing this is to use the Recovery Tracker. If the Recovery Tracker is not a good fit for you that's fine; just keep looking and find the recovery tracking tool that is going to work for you.



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3 STEPS TO A SUCCESSFUL RECOVERY

If you are starting off in your recovery, here are 3 things to be mindful of.



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. To help with this you can try some of the ideas on the “Healthy Stress Coping Skills” worksheet. You can find this worksheet later on in this workbook.



Focus on 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 adding a little exercise to your daily routine. 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. Remember, these initial steps may be small, but they are big steps for your recovery.



Prioritise recovery in your life.

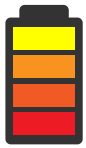
Everyone's recovery is unique. People find different ways of looking at recovery that work for them. One thing that many people find helpful is to prioritise recovery, for example, by reminding yourself each day to focus on the things that make a positive difference to your recovery. One thing that can help you focus on your recovery is by regularly tracking and charting your progress. The Recovery Tracker can help you do this.



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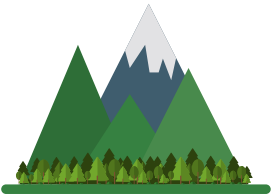
BUILD YOUR STRENGTHS, SUPPORTS AND RESOURCES, PART 1



Your **strengths** are your positive personal qualities. You can tap into the strengths you already have and develop new ones on your recovery journey.



Your **supports** are the caring, accepting, understanding people in your life.



Your **resources** are the various other things that help you on your recovery journey, for example, using a self-tracking tool like the Recovery Tracker.



The **key** is to develop your strengths and to find supports and resources that you feel good about - that are a good fit for you.



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BUILD YOUR STRENGTHS, SUPPORTS AND RESOURCES, PART 2



Make a plan to build your strengths, supports and resources a little each day. It takes time. But when you have developed them it will be a lot easier to progress in your recovery and wellbeing.



When you start off on your journey you may feel that you do not have a lot of strengths, supports and resources. It's OK. Just build them little-by-little and over time things will improve.



When you feel you have a lot of strengths, supports and resources, don't stop; keep growing and learning and developing new ones. A good way to do this is to set some new wellbeing goals.



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BUILD YOUR STRENGTHS, SUPPORTS AND RESOURCES, PART 3

Circle the positive personal qualities that you can tap into to help you recover.

A positive future focus A good planner
Detachment Intuition Courage
A good sense of humour Gentleness
Patience Compassion for others
Motivation Tact Courtesy
Wisdom A desire to help others
Self-discipline Belief in yourself Gratitude
Willingness to try new things Honesty
The ability to practice mindfulness Hope
Spirituality Focus Flexibility
An interest in learning about new things

Your list of inner strengths can always get bigger as you progress on your life's journey.



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BUILD YOUR STRENGTHS, SUPPORTS AND RESOURCES, PART 4

List some of the positive people in your life that can support you while you are going through a difficult time. For example, friends, family, a mental health worker, positive peers, a pastor or a sponsor.

> _____

> _____

> _____

> _____

> _____

We all need supportive, caring, understanding people in our life in order to be well. This is particularly true when recovering from a difficult time. It's OK if the list is small when you start off - you can always add new people as you progress on your journey.



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BUILD YOUR STRENGTHS, SUPPORTS AND RESOURCES, PART 5

List some of the resources you can use to help with your recovery. For example, the Recovery Tracker, a recovery focused social media platform, music you like listening to, a faith or volunteering community, a nice nature walk nearby, groups you enjoy being a part of and personal development books.

> _____

> _____

> _____

> _____

> _____

In order to achieve our goals we all need resources. The more we have, the better we will do at reaching our goals.



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BUILD YOUR STRENGTHS, SUPPORTS AND RESOURCES, PART 6

Recovery road

As you progress in your recovery, your strengths, supports and resources will develop. So be open to connecting with new ones along the way. Everyone's journey is unique and so each person develops a unique set of strengths, support and resources that works for them.



The start of your journey may begin by connecting with supportive people and developing hope. It may progress by developing new skills and habits. Then you might progress by aligning your life with your values and moving towards enjoying life, work and relationships again. Each person's recovery road is different but we all need support along the way. In fact, a great way to progress in your recovery is to help others on their journey.



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WORKSHEET 1: HEALTHY STRESS COPING SKILLS

Read over these healthy stress coping skills and practice the ones that you feel will make a real, positive difference to your journey.

☐

Listen to your wise mind.

Find the place and time to connect with your inner wisdom. The answers are there.

☐

List your options.

In every situation, you have choices.

☐

Choose self-respect.

Choose whatever will make you like yourself tomorrow.

☐

Compassion

Treat yourself with respect, acceptance and gentleness.

☐

Positive self-talk helps in difficult times.

Talk to yourself with compassion and acceptance.

☐

Use your imagination.

Think of things that help you to feel better.

☐

Be creative.

Write, paint, sculpt, sing, dance.

☐

Distract yourself.

Watch a funny show, read a book, admire the beauty of a sunset, listen to calming music.

☐

Be nice to yourself.

In difficult times it is important to take care of yourself - enjoy a bath, do some yoga, connect with a friend.



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WORKSHEET 2: MORE HEALTHY STRESS COPING SKILLS

Read over these healthy stress coping skills and practice the ones that you feel will make a real, positive difference to your journey.

☐

Spend time with animals or in nature.

☐

Engage the hobbies and interests that help you feel better.

Getting away from the stress for a while will help you gain perspective and deal with things better.

☐

Remind yourself that it will pass.

Difficult feelings will fade in time.

☐

Take good care of yourself.

Eat right, sleep, exercise, practice safe sex, use safely.

☐

Do the best you can with what you have.

Make the most of available options.

☐

Find meaning.

Remind yourself of the things that are important to you and what you are living for.

☐

Ask for help.

Reach out to someone safe.

☐

Inspire yourself.

Carry something positive around with you like a poem or picture.

☐

Remember the past.

Remind yourself of better times and that you can be there again.

☐

Leave a bad scene.

When things go wrong, leave the scene.



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WORKSHEET 3: EVEN MORE HEALTHY STRESS COPING SKILLS

Read over these healthy stress coping skills and practice the ones that you feel will make a real, positive difference to your journey.

☐

Be persistent.

Never, never, never, never, never, never, never, never, ever give up.

☐

Talk about it.

☐

Honesty heals.

Be honest with someone safe. Secrets and lying can often be at the core of problems.

☐

Let yourself cry.

☐

It will pass.

Remind yourself that these hardships and difficulties will one day be history.

☐

Set a boundary.

Protect yourself by saying "no".

☐

Watch the clock.

When things are really bad, clock watching can work, believe it or not. Split the day into 15 minute segments. Get through one 15 minute segment without anything bad happening or anything going wrong, then you can get through the next and so on.

☐

Daydream a little.

Using your imagination can work wonders. Get a cold glass of orange juice with a straw in it, lie on the sofa with the room fan on, close your eyes, and you can instantly be on a beach in the Maldives!! Give it a try!



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WORKSHEET 4: ASKING FOR HELP – SKILFULLY

Connecting with help is a vital part of recovery. This requires us to ask for help. Learning to do this skilfully makes it easier.

- ☐ Asking for help with a mental health or addiction concern is a sign of inner strength, not weakness.
- ☐ Remind yourself that you are not alone and there are people that want to support you through a difficult time.
- ☐ Sometimes all you need to do is to reach out and connect.
- ☐ It's OK to connect with support on your terms; you decide how much you share or if you want to share.
- ☐ Make a commitment to yourself and your recovery that even if you don't feel like it you will still turn up to the appointments and support meetings.
- ☐ Not every support you reach to out will be right for you; but you have to reach out so you find the ones that will work for you.
- ☐ There are people that care: friends, family, colleagues, professionals and support groups. As you connect with more positive people and supports, you will start to feel safer and make progress towards peace of mind and happiness again.
- ☐ Technology can be a great thing. You can connect with lots of positive people and resources. But connect wisely, for example, it's important to unfollow and block negative people on social media.



WORKSHEET 5: TAKING CARE OF YOURSELF

Taking care of yourself is a skill. One you can always get better at. It's important to do things to take care of your emotions, body and mind every day.

- ☐ Spend time in healthy relationships where you feel loved, supported and accepted.
- ☐ Do things that make you feel happy, like hobbies you enjoy and places you like going.
- ☐ Talk about your feelings.
- ☐ If a situation is stressful and overwhelming, take a step back from it.
- ☐ Think about the positive things in your life that you are grateful for once a day - pick the same time every day to do this.
- ☐ Eat food that is good for you. Consider reducing your caffeine and sugar intake.
- ☐ Find a way of exercising that you enjoy and find refreshing. Try doing some yoga, walking or cycling twice a day.
- ☐ Have a nice relaxing bath or shower.
- ☐ Put your self-care first. Its OK to say no.
- ☐ If your tired, take a nap.
- ☐ Make a plan to connect with a friend.



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WORKSHEET 6: HEALTHY SLEEPING HABITS

Read over these healthy sleeping habits and practice the ones that you feel will be helpful.

- ☐ Reduce the amount of tea and coffee you drink during the day.
- ☐ Develop a routine and regular timetable of activities during the day.
- ☐ Exercise during the day and avoid physical activity near to your bedtime.
- ☐ Have a bedtime routine to wind down, for example, listening to some calming music or having some herbal tea.
- ☐ Stop drinking anything with caffeine or sugar a few hours before you go to bed.
- ☐ Improve your surroundings to promote sleep, for example, remove clutter from around you bed.
- ☐ Get up and go to bed at regular times.
- ☐ Get out of bed if you are unable to sleep within 20 minutes.
- ☐ Don't take naps during the day.



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WORKSHEET 7: BUILDING HEALTHY RELATIONSHIPS

Read over these ideas for building healthy relationships in your life and practice the ones that you feel will make a real and positive difference to your journey.

☐

Spend a little time each day intentionally practising the habits of healthy relationships, for example, by trusting, respecting, supporting, accepting, understanding and encouraging others.

☐

Be mindful of the habits you have that are harmful to relationships, for example, criticising, threatening, punishing, complaining, controlling and blaming. No-one is perfect and we all have negative habits. As we become more aware of them we have the opportunity to refrain from them.

☐

Think about some of the the healthy, supportive relationships in your life - past and present. Think about the qualities you like in these people and start practising them yourself.

☐

Make a plan to spend more time with positive, encouraging people. It rubs off.

☐

Make a plan to spend more time in places where you meet positive people, for example, volunteering, personal development classes, support groups and faith-based activities.



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WORKSHEET 8: HEALTHY WAYS FOR RELATING TO YOUR ANGER

If your anger is damaging your life in some way, for example causing relationship, legal or work problems, then try some of these ideas to start getting back control.

- ☐ You can work it out, wait it out, walk it out, talk it out and figure it out - just don't act it out.
- ☐ Become aware of your expectations. Develop reasonable expectations of people and situations.
- ☐ Talk about the things that are frustrating you with someone you trust.
- ☐ Talk about it in a way that helps you to feel calmer and more in control afterwards.
- ☐ Channel your anger (your energy) into an assertiveness plan instead of being aggressive. An assertiveness plan helps you set reasonable goals and work towards them in a way that does not harm or offend anyone. It might take longer, but you will avoid a lot of problems by achieving your goals in this way.
- ☐ You are angry for a reason, a perceived injustice. Instead of acting on this intense feeling, spend time with it so you can figure out on a deeper level what is causing it.
- ☐ Figure out a way to relate to your pain and frustration in a way that doesn't cause harm to you or anyone else. Maybe talk it through with a friend or write down your thoughts. This can help you process your feelings in a healthy way.
- ☐ Find a new perspective; one that helps you feel more calm and focused on a positive way of moving forward.



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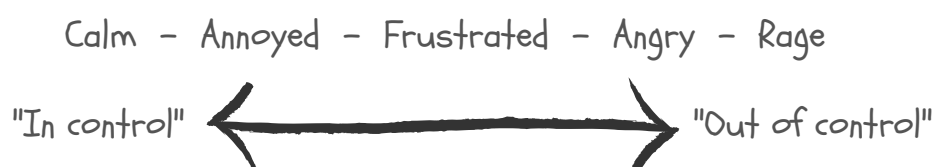
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WORKSHEET 9: HEALTHY WAYS FOR RELATING TO YOUR ANGER

If your anger is damaging your life in some way, for example causing relationship, legal or work problems, then try some of these ideas to start getting back control.

- ☐ All of your feelings are valid. They are a part of you. You have these feelings for a reason – they are telling you something about yourself, but it can take a little work to figure out just what they are trying to tell you. It is important to remind yourself to validate your own feelings. It is also important to remind yourself that acting on them in a harmful way is not a responsible or productive thing to do.
- ☐ Become aware of things you can do to control your temper. For example, walk away from the situation, avoid getting involved, talk about it with a friend, cry, count to 10, take a few deep breaths, workout, practice positive self-talk or spend time with people that have a calming influence on you.
- ☐ Become aware of the things that contribute to your anger. For example, uncertainty, relationships, over-thinking things and money stresses.
- ☐ Become aware of the people, places, activities and ways of thinking that contribute to your calmness. For example, positive self-talk, friends, planning ahead and hobbies you enjoy.

Stay calm. Stay in control of your actions so they align with your values, the things that really matter to you. Be mindful of how you are feeling so you can do things to restore control in your life when you start feeling annoyed or frustrated.





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WORKSHEET 10: CHANGE YOUR DAY

Exploring your options for making changes in your life will help you find the style of change that works for you. Look over these ideas and see which of them work for you.

☐

Make a daily checklist

Make a checklist for the things you want to do each day to promote your personal growth and development. For example, you could read a poem, eat some fruit, read a book, go for a walk and meditate. At the end of the day tick off the activities you accomplished, then make new list for the next day.

☐

Visualise your day

Each morning visualise how you want to approach the day and how you want to feel today.

☐

Reset your day

Some days just get away from you. Things go wrong. Negative feelings like despair, frustration or jealousy start to take over. It's OK. You can take a few minutes to reset your thoughts, feelings and focus. You can do this as many times as you need during the day.

☐

Transform your day

Spend time with the people that transform you. Go to places that transform you. Do things that transform you. Find ways to connect with your natural transformative energies every day.

☐

Remove a little clutter each day

Remove clutter from your home. Spend less time with people that bring you down. Let go of emotions that are holding you back.

☐

Be mindful of your time.

Remind yourself you only get so many days on this earth. Spend less time doing unproductive things.

☐

Do something new.

Learn a new skill. Take on a new challenge. Connect with some new, positive people.



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WORKSHEET 11: MANAGING CRAVINGS, PART 1

Read over these ideas for managing and reducing cravings. Put a tick beside the ones you think will work for you and practice them often.

☐

Realise that cravings are normal. Don't feel bad about them.

☐

Feeling positive will help with cravings.

Remind yourself that you are making a positive decision and taking charge of your life, so feel good about what you are doing.

☐

Remind yourself that cravings will reduce in time as you grow stronger in your recovery.

☐

Fill your days

Fill your days with positive people, places and experiences. This will help reduce your cravings.

☐

Try accepting your cravings.

Accept your cravings. Don't fight them. Just allow yourself to experience them and let them pass away naturally.

☐

Fast forward.

Think about what will happen in the future if you use now. Think of the negative consequences of using. Think of the good things that will happen if you press on and resist your cravings.

☐

Surf the urge.

Think of cravings as a wave that can be surfed until they pass.

☐

Get rid of things that trigger you.

Remove the things in your surroundings that trigger cravings. Avoid people, places and situations that trigger your cravings.

☐

Replace temptation

Avoid the people, places and items that tempt you to use. Replace them with positive people, places and patterns in your life.



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WORKSHEET 12: MANAGING CRAVINGS, PART 2

Read over these ideas for managing and reducing cravings. Put a tick beside the ones you think will work for you and practice them often.

☐

Practice distraction

Go for a walk. Talk to a friend about sports. Draw a picture – even if you can't draw very well. Read a joke book. Try things out and discover what helps you to distract yourself from your cravings.

☐

Have a chat with someone that understands.

Talk with a friend, a counsellor or another person in recovery about your cravings. You may be surprised how much this can help. Call someone before the cravings overwhelm you.

☐

Stay motivated

Remind yourself why you have stopped using or have cut down. Write a list. Keep a picture or note in your pocket that reminds you why you are doing this and look at it when you feel tempted. Talk about the reasons you are stopping with a friend.

☐

Stay busy

Plan your day. Don't allow for too much spare time or boredom if these are triggers. Avoid situations, feelings and places that lead to you using. If you are deviating from your plan think twice about it.

☐

Breathe

Take some deep, slow breaths. Try taking 10 slow breathes in a row and then see how you feel. If the cravings are still there try another 10 until they are gone.

☐

Try something new

Some people find yoga, acupuncture or meditation helpful.



WORKSHEET 13: MANAGING CRAVINGS, PART 3

Read over these ideas for managing and reducing cravings. Put a tick beside the ones you think will work for you and practice them often.

☐

Don't give up

Recovery has ups and downs, good days and difficult days. Just keep on moving forward even if there are occasional setbacks. Stay positive. Maintaining a healthy mindset will help you deal with your cravings when they come.

☐

Visualise.

Think of a pleasant image in your mind, perhaps a place you have been or somewhere you would like to go. Imagine what it feels like to be there – smell, sight, touch. Is it warm or cold there? Is there a breeze?

☐

Avoid getting too hungry, tired, angry or lonely.

☐

Focus on good self-care.

Make a plan to take good care of yourself each day. It is easier to resist cravings when you are taking care of yourself and connected to people that care about you.

☐

Your cravings will pass

Remind yourself that cravings pass. They usually ease off after 10 minutes or so. Use your managing cravings skills until they pass.

☐

Do a good deed

Focusing on helping others means you will have less time to be trouble by cravings.



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WORKSHEET 14: BEING SAFE

If you are using it is important to use as safely as you can. Talk with professionals about how you can do this and read some literature from a trustworthy source.

- ☐ Use small amounts. The more you take the riskier it is.
- ☐ Use in moderation, don't use it all at once, spread it out over a longer period of time.
- ☐ Don't use on your own. Have someone with you that is not using so they can call for help if you get into difficulty.
- ☐ Keep to one drug. Mixing drugs is dangerous as they can interact.
- ☐ Don't use if you feel sleepy or tired. If you fall asleep after using, you are at risk of choking or getting severely burned.
- ☐ Work towards using less, connect with support to help you do this.
- ☐ When using illicitly, you can't really know what you are taking so use a small amount and see how it affects you.
- ☐ If you are beginning to feel unwell after using, call for help straight away.
- ☐ Using illicitly on top of prescribed medication can put you at greater risk of overdose and other negative consequences.
- ☐ Don't share equipment.
- ☐ If you are using illicit drugs, connect with support, talk about your patterns of use and how to use more safely.
- ☐ Remember, there is no safe way to use illicit drugs, but you can use more safely.



SELF-TRACKING RECOVERY STORIES



Sam's Story

Sam took the courageous step of coming to the monthly self-tracking community meetup. He had history of significant mental health issues. He felt he was reasonably stable now. Not being critically ill or suicidal was as good as he thought he could do. He had settled for that. He spent most of his time in his apartment and rarely left.

He had never heard of the idea of self-tracking recovery before. He liked what he heard at the meeting. He started using the Recovery Tracker. The first time he used it he realised he needed to focus on progressing in his social life. So he made plans to do more social things like going to the pictures with a friend and being more connected with positive people on social media.

Before coming to the meeting he felt he was happy with just being stable. But when he started using the Recovery Tracker he realised there was more to life than that. By thinking about the questions on the Recovery Tracker and reflecting on his chart he started to realise that he could set the bar higher for his life.

He completed the Recovery Tracker each week and his score improved. When he was ready he moved on to using some Wellbeing Trackers. Now he is making regular plans each month to go out and do things with friends and he is looking into doing some volunteering.



SELF-TRACKING RECOVERY STORIES

Aliyah's Story

Aliyah joined the weekly online self-tracking meetup. She really liked the idea of having a simple and quick way to track her progress. She had a major mental health issue a year ago and still felt she was recovering from it. She said she liked the Recovery Tracker but felt she could not answer the questions about how she had been doing over the past week. She said she had OK days and really bad days, so it was hard for her to give an overall answer for the week. I suggested that she use the tracker daily. She liked the idea of answering the 3 questions and charting her progress at the end of each day.

I spoke with her again a few weeks later. She said that she was doing well on most days and was ready to start doing the Recovery Tracker on a weekly basis.

Sarah's Story

Sarah started getting some counselling. She took some rest. She visited some good friends she hadn't seen in a while. She used the Recovery Tracker every week. And slowly things started to improve.

Paul's Story

Paul completed the Recovery Tracker regularly. As a part of his healing process he worked on eating better, intermittent fasting, exercising and being with positive people. To support his recovery he used herbal remedies and supplements, like Omega-3 and turmeric. He took time to look at his life, where it was all going and what he really wanted to do moving forward. After a few weeks he started feeling better.

Names and identifying details have been changed
to protect the privacy of individuals.



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PERSONALISE YOUR RECOVERY TRACKING TOOLS

Here are some more self-tracking recovery tools to try out. They are all available for free from WellbeingTrackers.com

1

The Recovery Tracker (alternative version)

Instead of asking about close relationships this Tracker asks about connecting with positive and supportive people. This tool can be a nice option for (1) people in prison, (2) people recovering from homelessness and (3) people in early mental health or early addiction recovery.

2

The Recovery Tracker (brief version).

This tool tracks your progress with just three questions and three options for each one. Even quicker to do than the Recovery Tracker.

3

The Recovery Colour Chart.

This tool helps you track your level of distress and how well you are doing at connecting with positive and supportive people. Colour Charts are fully customisable. This allows you to adjust and develop them so they work just right for you, your team or your organisation.



You can also change how frequently you track your progress, for example, daily, weekly or monthly.

To learn more about customising your recovery and wellbeing tracking tools get the eBook "Recovery Made Simple" from WellbeingTrackers.com





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PROGRESS ON TO WELLBEING TRACKING TOOLS

When you are doing well on the Recovery Tracker it's time to move on to Wellbeing Trackers. There are lots to choose from. Here are some of my favourites. All of these tools are available at WellbeingTrackers.com



Healthspan Tracker



Relationship Tracker



Experience Tracker



Highest Possibilities Trackers



Wellbeing Tracker



In order to be successful in recovery you need to build your recovery capital. In order to be successful on your wellbeing journey you need to build your **wellbeing capital**.



The key is to find the self-tracking tools that engage you and to use them in a way that feels right for you.

To learn more about wellbeing tracking tools and building wellbeing capital get the eBook "Recovery Made Simple" from WellbeingTrackers.com





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CREATE YOUR OWN SELF-TRACKING TOOLS

There are five strong indicators of recovery that you can measure.

- ① How you are doing in close relationships
- ② How you are doing in social settings
- ③ How you are doing in your personal sense of wellbeing
- ④ How well supported you feel. Ideally, you will be able to connect with support early and continue to enhance this throughout your journey.
- ⑤ Your level of stress. Ideally, your stress levels will start to reduce early in your recovery as you connect with helpful strengths, supports and resources.

To learn how to build recovery and wellbeing tracking tools from scratch get the eBook "Recovery Made Simple" from WellbeingTrackers.com





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WONDERFUL THINGS TO DO WITH SELF-TRACKING TOOLS

When you know how self-tracking works lots of wonderful options become available. Here are a few:

1

Recovery Teams

2

Community Wellbeing Surveys

3

Self-Tracking Mentors

4

Community empowerment projects

To learn about all the ways self-tracking tools can be used get the eBook "Recovery Made Simple" from WellbeingTrackers.com





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Hopefully you have found some of the ideas in this workbook helpful; but don't stop there, keep learning and growing - always!

I wish you all the best on your wellbeing and recovery journey.

*Love and light,
Gearóid Carey*

Founder of WellbeingTrackers.com



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