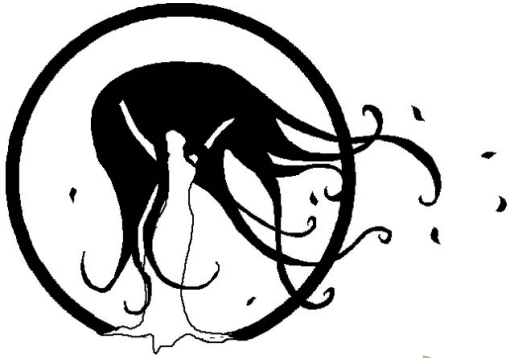


Wellness & Active Recovery Plan



“Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.” –Bruce Lee

Recovery is about building a life worth living and sets you on a path to wellness. It is about reaching your potential while dealing with difficulties, stress, and problems. When recovering from mental health or addiction problems, it is vital to create a recovery plan that works for you. A life in recovery means living beyond diagnoses and problems. **It is not merely abstinence from harmful behavior; it is about a lifestyle shift to empower you to reach your full potential.** It also entails effectively dealing with family and support systems, jobs, meaningful activities, recreational opportunities, and having fun, just to name a few.

Quality recovery means that you want to go beyond stopping unhealthy thoughts/feelings/behaviors - you want to resolve underlying family-of-origin issues, face and overcome difficulty situations and assume increasingly more responsibility for your life. High quality recovery means a commitment to be responsible and balance obligations to family, employment, leisure time and spirituality.

1. IMPROVING GENERAL HEALTH by practicing MEDDSS (Mastery of Exercise, Diet, Drugs <as prescribed>, Sleep, and Spirituality) daily establishes a healthy self-care regimen.

a. Exercise: Regular exercise has both physiological and psychological benefits.

Ways I can integrate exercise into my life in a meaningful way (remember to start gradually and choose activities you enjoy):

b. Balanced Nutrition: learning to make healthier, balanced choices; learning to enjoy food mindfully. Do things like turn off the tv, put away the phone, set the table and practice gratitude. Dr. Andrew Weil’s website and books are a good source of information for healthy eating.

Ways I can improve or maintain a healthy relation to food and nutrition in my life:

c. Drugs: Using prescribed medications/supplements/vitamins as directed and not using illicit drugs: Developing a healthy relationship with medications that are helpful; Learning to communicate effectively with healthcare providers to understand risks and benefits is key.

Medications/Supplements/Vitamins that I take and reasons:

- d. Sleeping:** Getting enough sleep is vital to feeling and functioning at your best. Following a regular schedule can help you.

My sleep schedule is as follows:

- e. Spirituality** (where you find meaning, inspiration, seeing beauty in the ordinary – relationship with your “higher power” however you define it):

How I practice my spirituality:

- 2. Healthcare:** having regular checkups is one of the best ways to prevent disease. It’s important to find healthcare providers who share your values and listen. My regular healthcare providers:

- 3. Boundaries and Respecting Your Time:** When experiencing an episode, many lose all sense of time and boundaries. It is important to develop a regular, healthy and balance routine and to learn to practice healthy boundaries with others. This means that we take responsibility for our actions, make amends as best as possible through respect for ourselves and others.

My basic routine:

How I practice healthy boundaries (respect for self and others) in my life:

- 4. Prevention of Relapse or Return to Old Problematic Behavior:**

Know your triggers and get honest with yourself about them. These are most often people, places and things. Shift your life towards more positive people, places and things.

Some of my major triggers are:

Relapse into old behaviors doesn't begin in one moment. It happens as a gradual shift away from recovery thinking to addictive thinking. The most important warning signs in myself that problem behavior is returning are:

When I notice warning signs, I will use the following strategies and skills:

If and when you recognize a setback, you need as much support as possible. If you can't connect with your preferred, safe support person immediately, here are some things you can do in the meantime:

- Always come back to your breath. Practice using the SOBER breathing space. STOP, OBSERVE, BREATHE, EXPAND, RESPOND. Mindfulness is about knowing that we can always come back to our breath and begin again.

5. Healthy Support System: Connecting to healthy friends and family, attending group and individual therapy, exercise classes, spiritual groups and other support groups can aid in developing a network of support.

These are the people in my support system that support my recovery and use of my plan:

I will utilize the following community supports: (things like 12-Step meetings, group therapy, support groups):

6. Having Fun and Recreation is an important part of recovery: practice "experiments" with new interests and hobbies! The world is before you!

These are the fun and recreational activities that I will participate in on a regular basis that support my recovery:

7. Dealing with Stress- The most stressful things in my life are:

Often, those dealing with mental health issues have significant stressors in their lives. Learning healthy stress management skills aids in the road to recovery.

Some Mind-Body, Physical and other Alternative Therapies for Relaxation and Stress Management Pilates, Yoga, Tai Chi, Movement Classes, Martial Arts, EMDR, Hypnosis, Massage Therapy, Aromatherapy, Chiropractic Medicine, Dietary Supplements Skills and strategies I use to manage stress:

8. Recovery Goals:

What progress have I made toward my recovery?

What am I currently working on in my recovery?

What will I do to maintain positive changes and continue my growth?

Created on the following date: _____

Crisis Planning Worksheet

Planning for and managing potential crises in a way that is least disruptive to you and your family is an important part of recovery. It is vital that a plan be made prior to an actual crisis occurring. The following questions/statements might be useful in talking with your family and or significant others in developing a plan that can be used in the event of a crisis.

1. When I am feeling well, I am (describe yourself when you are feeling well):

2. What happens when I **first** start to become unwell?

3. Treatments or other things that **have** been helpful during a crisis or relapses in the past:

4. Treatments or other things that **have not** been helpful during crisis or relapses in the past:

5. I **do want** the following people (natural supports) involved in my care or treatment:

6. I **do not** want the following people involved in any way in my care or treatment:

7. What I want and don't want from my natural supports:

8. Preferred medications and why:

9. Unacceptable medications and treatment and why:

10. Things I need others to do for me and who I want to do it:

11. Things I can do for myself:

12. Preferred treatment facilities and why:

Crisis Support Contacts:

My Primary Physician

Name: _____

Phone: _____

Address: _____

My 12-Step Sponsor

Name: _____

Phone: _____

Address: _____

My Psychiatrist

Name: _____

Phone: _____

Address: _____

Other people who can support me

Name: _____

Phone: _____

Address: _____

My Counselor/Therapist

Name: _____

Phone: _____

Address: _____

Name: _____

Phone: _____

Address: _____

**National Suicide Prevention Hotline
1-800-273-8255**

If you are in need of local emergency services, you have the following options:

- Go to the closest ER or call 911
- Contact LOCAL Mobile Crisis Management Program at 1-888-573-1006 for 24/7/365 Crisis Response Program
- Contact Smoky Mountain Center at 1-800-849-6217 at any time, 24/7/365.
- Detox units are available at the following locations:
ARP-Phoenix/Neil Dobbins: 277 Biltmore Avenue, Asheville, NC / 828-253-6306
Julian F. Keith Alcohol and Drug Abuse Treatment Center (ADATC): 201 Tabernacle Road, Black Mountain, NC / 828- 257-6200
PATHS Program at Pardee Hospital: 800 N. Justice Street Hendersonville, NC / 1-800-697-0305
Mission Hospital: 509 Biltmore Avenue, Asheville, NC / 828-213-1111 x5253

Client: _____

Date: _____

Clinician: _____

Date: _____

Witness/Family/Other: _____

Date: _____