



FINDING YOUR WAY





*Try to be as
healthy as
possible by
following these
tips during
recovery:*

Use new ways
of coping and
healing.



- ▣ *What are some new ways you can cope and be more comfortable?*

Find meaning
or more
spirituality in
your life.



- ▣ *Do you feel like there is meaning and purpose in your life?*
- ▣ *How can you add more?*



Get the help you
need to manage
your symptoms.

- ▣ *How can you be an active member of your health care team?*
- ▣ *What barriers have kept you from getting help when you need it?*

Increase your social support.



- ▣ *How can your friends, family, and community help you?*
- ▣ *What are some ways you could improve your social life?*

Make healthy
lifestyle changes.



- ▣ *What healthy habits for your mind or body do you want to start?*
- ▣ *What is the first step to take?*



Learn and
prepare for your
recovery journey.

- ▣ *How have you grown during this tough time?*
- ▣ *What have you learned about yourself and your life experiences?*

Finding Your Way:



- ▣ *Discuss each of the recovery tips and answer the questions that are in this slideshow.*

Finding Your Way:

Follow through on some of changes you want to make, then find your way to better health, coping, and recovery.





Start your successful recovery journey...



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This slideshow was developed by Mary Knutson, RN in 2013 and revised 6-9-15.