

# Follow the T R A I L of Recovery



## Treatment

It is a sign of strength to know we need help with a mental illness or addiction. It is also a sign of strength to then ask for help. Be sure to take all medications as prescribed and see your therapist regularly. People who engage in treatment do much better than those who don't. Not being in treatment greatly increases your risk of relapse, decompensation, and rehospitalization.

## Routines

Our bodies need regular routines. Most important is that we go to bed and get up at the same times every day. It also helps to have a regular work routine, exercise routine, rest routine, and leisure activities routine. Not having regular routines stresses our brains, making us vulnerable to a recurrence of our illness.

## Abstinence

Alcohol, nicotine, and illicit drugs harm the brain. Whether you have addictions or a mental illness, using alcohol, nicotine, or illicit drugs will greatly increase your chances of relapse and decompensation. If drugs are a problem, work a recovery program that is right for you every day. Learn to deal with life without drugs. Ask for help, as no one does recovery alone. Learn how to manage stress and solve your problems. Get help to develop your ability to deal with pain, to enjoy life, to have healthy relationships, and to have purpose and meaning in your life without drugs. Practice getting high on life, rather than drugs.

## Integrity

If you do good, good comes back to you tenfold. If you do bad, bad comes back to you tenfold. Doing the right thing moment to moment helps you to avoid unnecessary stress and painful consequences. Be honest and follow the rules. Treat everyone with consideration and respect. Living a life of integrity helps you to attain peace and serenity, stay well and be happy.

## Love

Nearly everyone has a need to love and be loved. You need to love others to get love back. If you take care of the people in your life, they will take care of you if they are healthy. No one does recovery alone. You need the love, support, and guidance of people who care about you. Make a daily effort to cultivate healthy relationships with healthy people. Separate yourself from those who cause you harm or are unable to have healthy relationships. Invest yourself in caring for others, not only for the rewards of giving, but also so that others will give back to you.