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?
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.