

My Life, My Recovery

The Benefits of Self Care in Recovery

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KNOW WHEN TO REST.
KNOW WHEN TO POWER DOWN.
TO RELIEVE THE PRESSURE,
TO GIVE YOURSELF A CHANCE
TO CATCH YOUR BREATH.
IT'S OKAY TO TAKE A MINUTE.

Self Care Aids in Recovery

What is “Self Care”?



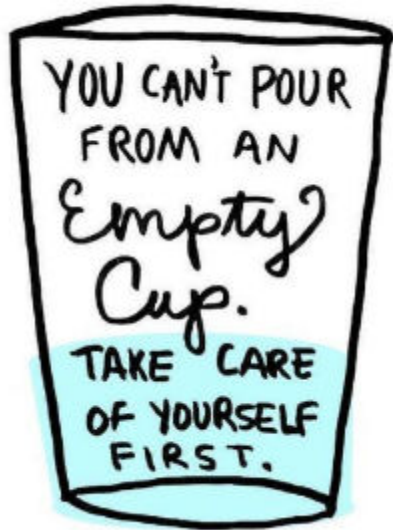
- Self-care is the conscious act of taking responsibility for oneself through behaviors that encourage overall healthy well-being.
- Self-care can manifest, whether spiritually, mentally, physically, or emotionally.
- It can look like creating daily routines and incorporating habits such as exercise or journaling that help keep you grounded.

Why is Self Care Important to the Recovery Process?

- Substance misuse dramatically affects a person by negatively impacting different areas of life.
- Addiction affects your mood, appetite, physical and emotional well-being, personal relationships, finances, and many other areas of life.
- Maintaining long-term sobriety will require various lifestyle changes.
- The decision to actively commit to the choices that help take care of your mental, physical and emotional health is essential to succeed.



Benefits of Self Care



- **Fosters Physical Wellbeing**
- **Enhances Mental and Emotional Health**
- **Rebuilds Connections in the Community**
- **Creates Structure and Routine**
- **Builds Self-Discovery and Personal Growth**

How to Implement Self Care

Assess

Identify your self care needs

Remove any barriers

Write Down practices that support your needs

Fit them into your schedule





Group Discussion