



Recovery, Resiliency, & Wellness

What is recovery?

Recovery is a process of making changes that improve your health, quality of life and your long-term wellness. Recovery is different for everyone. There is not one right path. Your path will not be the same as anyone else.

You are in charge of your recovery plan. It is developed just for you. If your plan does not meet your needs you can change it. You have choices about providers, treatment, and supports.

Being in control is an important part of your recovery. Take the lead to create your goals. Tell your providers about your:

- Needs
- Preferences
- Experiences
- Culture
- Beliefs
- Support system

An important part of recovery is to reduce the use of services. Your recovery plan should help you learning to use skills on your own. It should help you creating a support system outside of mental health providers.

What is resiliency?

Resiliency is being able to bounce back when there are challenges in your life. Being resilient means you can adapt when you feel stress or your situation is hard.

To be resilient you have to be able to learn new skills. You must be able to grow and change. You can learn ways to handle challenges and keep going forward. Important steps to be more resilient are:

Find meaning in your life. Figure out the healthy things that make you happy. This might be a job or being a volunteer. For some people being creative is important. Try new things. Often helping others be healthier gives people meaning.

Develop hope. Believe your life will get better. Healthy relationships help you have hope, so include your family and friends in the process. For many people spirituality is helpful.

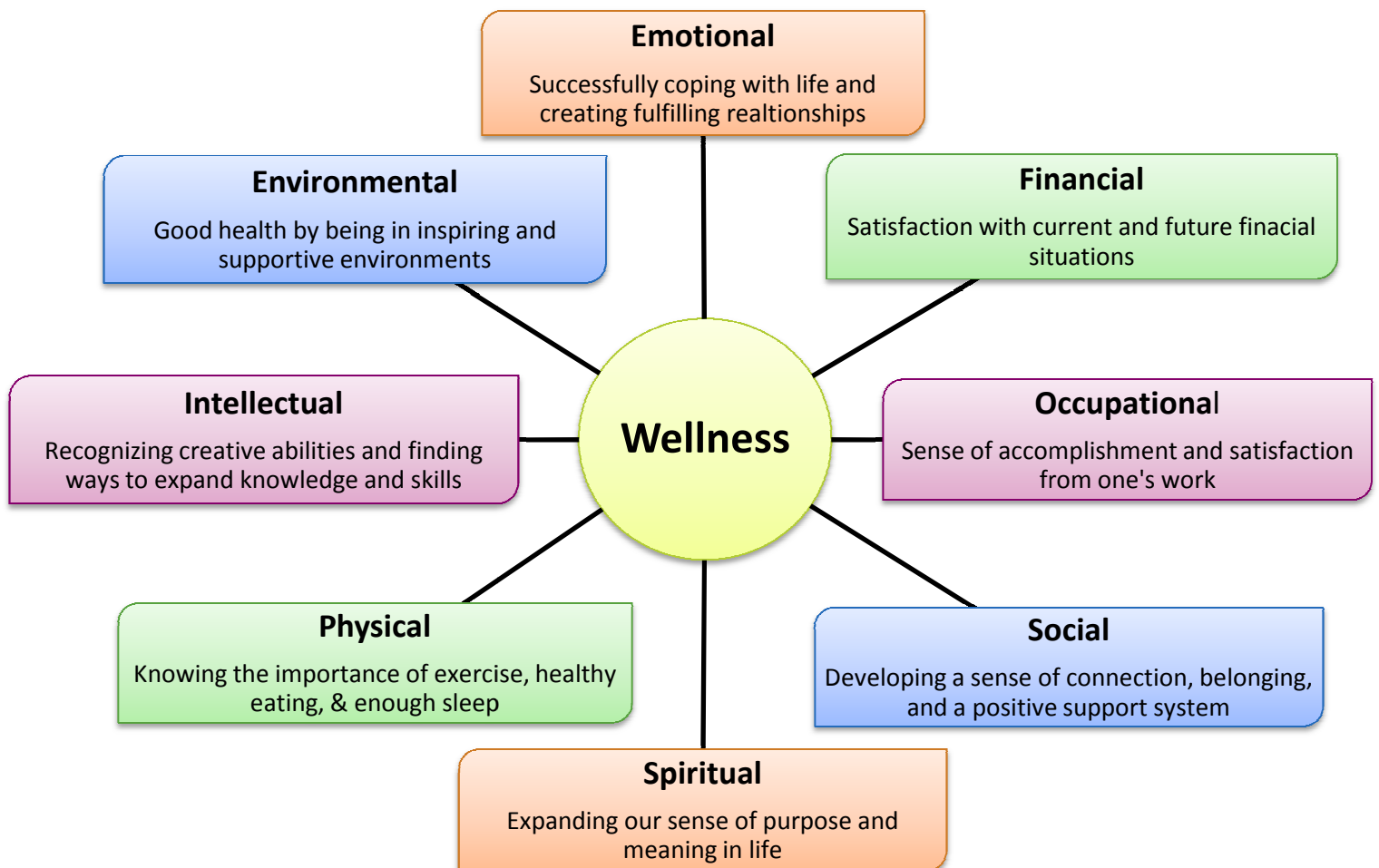
Recognize your feelings. Notice when you have hurt feelings about yourself or your situation. You can learn how to think about things in a different, more positive way.

What is wellness?

Wellness is all the parts of our lives working together. This helps people be their very best. No one has everything just right all of the time. Wellness is something everyone has to work toward.

Whole health and wellness includes both mental health and physical health. It also includes other areas of our lives. This might include having your own money to do things you like to do. Or being able to do creative things like paint, play music, and work in a garden.

The picture below shows how each area applies to your life.



For more information visit Magellan of Nebraska's website: www.MagellanofNebraska.com

Look for the **Recovery Resources** tab in the **For Members** section in the center of the **Welcome Page**.