



SECTION L

HOLISTIC WELLNESS

Holistic wellness refers to the well-being of the entire person. The combination of physical, emotional and spiritual well-being work together in creating a healthy human being. While every process of mental health recovery will be as unique as the individual, there are ways of cultivating good habits that will ultimately nourish a healthy self.

DIET

Eat well. Eat healthy. Eat more fruits and vegetables than meats and sweets. Stay away from fast foods. Incorporate a lot of different colored food in your diet. While the sugars and fats found in food and junk food can create feelings of temporary comfort, those feelings go away quickly and the residue of fats and sugars is all that is left. Fruits and vegetables can help create a true sense of well-being.



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EXERCISE

Like a healthy diet based on fruits and vegetables, regular exercise is as important to mental and spiritual health as it is to physical health. Furthermore, exercise does not necessarily mean high-intensity calisthenics consisting of running marathons or power weight-lifting. Rather, it can mean taking a brisk walk each morning. It can mean taking the steps instead of the elevator. So go for a walk. Ride a bike. Go swimming at a neighborhood pool (many branches of the YMCA offer discount membership passes). Throw a ball with a friend or relative. Go for a walk in the evening to watch the sun set.

READING

Turn off the television and start reading books. Read the classics that were recommended in high school English class (they are much better now than they were then). Go to a library and spend a couple of hours reading. It is not only a great intellectual exercise, but also a great escape, as well as a way of exercising and revitalizing your mind.



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MEDITATION

Meditation generally means clearing your mind of static and clutter and allowing a sense of peace and calm to settle in. Meditation can be done in ten-minute increments at any point during the day. Walking, riding the bus, or sitting beside the lake watching the sun rise or set are ideal times for a short meditation exercise. It is simple enough! Close your eyes, take deep breaths and allow a sense of quiet to be your focus.

RELATIONSHIPS

Cultivating and nurturing healthy interpersonal relationships is one of the primary goals of recovery. There are various ways to do this. Seek out one or two good companions for coffee or lunch on a regular basis. Volunteer with community organizations. Reach out to family members whom you may have lost touch with. You may only see them once in a while, however, keeping in contact through letters, e-mails or occasional telephone calls will go far in keeping important people in your life.



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CREATIVE PURSUITS

We all have a creative source that needs to be developed and used, be it woodworking, painting, writing, knitting or cooking. We all have within us something we do well, that taps into our creative self, that we enjoy and which gives us a sense of gratification. Create something!

PETS

Having a pet or interacting with someone else's pet on a regular basis can be very rewarding. The unconditional love you receive, along with the gratification of caring for a pet, can do wonders for your emotional and spiritual well-being.



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HOMEOPATHIC AND HERBAL MEDICINES

There are many alternative medicines that are derived from herbs and other plants. You must consult your physician regarding what you can and should not take. It might be worth exploring.

**PLEASE NOTE THAT ALTERNATIVE
MEDICINES SHOULD NOT TAKE THE
PLACE OF MEDICAL TREATMENT OR
MEDICATIONS.**

One source of homeopathic and herbal
medicine information is:

NEW HOPE **216-781-3839**
Alternative Therapy Research
1285 Washington Ave.
Cleveland, OH 44113

MY RECOVERY NOTES



TOOLS FOR RECOVERY



"I am one.

But still, I am one.

***I cannot do everything, but
still I can do something.***

***I will not refuse to do
the something I can do."***

~ Helen Keller