



Practical Ideas to Support Recovery

All the theories and techniques in the world won't achieve anything without an understanding of how to put it into practice. Below are just some ways to move along on a personal recovery journey. The space provided is for you to add ideas from personal experience or group discussion.

Ask for help	
Friends Support groups Family School	

Learn more regarding mental health	
Beyond blue	www.beyondblue.org.au/
Headspace	headspace.org.au/
SANE Australia	www.sane.org/
Mind	www.mindaustralia.org.au/
Black Dog Institute	www.blackdoginstitute.org.au/

Focus on nutrition and physical health	
Meditation groups Yoga Dietician Gyms Start an exercise routine	

Build a toolbox of coping/ self-care techniques

Wellness apps
Create a sensory box/bag
Take a bath
Go for a walk
Mindfulness techniques

Seek professional support

GP
Psychologist
Psychiatrists

Participation in your local community

Join local support groups
Join local interest groups
Attend the local library

Find your 'thing' to put your energy into that helps you relax or motivates you

Cooking
Completing puzzles
Craft
Candle making
Model building

Acknowledge and accept that recovery is a journey not a destination. There will be moving forwards, backwards, side steps and somersaults and this is ok.