Recovery Research
FEMA (ideascale.com) - First Draft
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Abstract

How do building support networks enable us to be of help and to "be of service" to others, why does it not matter how well we are to be of help to others, what is wellness? Is wellness a condition achieved overall or in response to a set of conditions felt from within, individually and upon being social with others. At what point does our condition affect others in ways that others feel as though their health and best interests are at risk, are conditions of the mind contagious, how resilient are we to mental health issues, are mental health issues recognized by physical responses or through the vocalization of issues felt, who do our vocals represent our surroundings, ourselves, or based on who we interact with. Why is it important not to self-identify online, what your condition is put yourself at risk of harm upon disclosing.

Analysis

Support Networks

According to SAMHSA, “the process of recovery is supported through relationships and social networks.” Building a “resilience in recovery” has been one of the key factors, which “promote [the] health and well being” of those who have been affected by drugs and alcohol [1]. A key component of being reslient requires one to maintain “hope, [that is a] belief that these challenges and conditions can be overcome, is the foundation of recovery [2]. “Being of service” means without requiring the necessity of intervention once a person has asked for help, and has acknowledged what is going wrong in their lives seek help from others, that’s a recognition of a problem, not an avoidance of the issues in defiance. The whole purpose of providing assistance to others in need via the “establishment [of] recovery support systems” are not solely to partner “people in recovery from mental and substance use disorders” but also to not “reduce [their] barriers to employment, education, and other life goals; and secure necessary social supports in their chosen community [3]. Teaching those under their guidance to live a “purpose” driven life, engage in “meaningful activities” that foster independence not co-dependence, while providing resources to the, which help them to participate in society, within the groups to which they find support, as upon leaving groups supported by adjust well to others. Culturally, its not common for those who are successful to ask for help, its not uncommon, but that doesn’t mean it does not occur, they are help to higher standards in life, looks, and behavioral health issue wise, those who do not meet the criteria of wellness, are often hospitalized, or arrested in public, to teach them a lesson about medication management.

What is Wellness?

One of the goals in recovery is to “give a person a brand new meaning and outlook on life.”[4] Whereas a “cognitive behavioral” health approach to recovery, “looks to replace harmful thought patterns with positive and productive ones.”[5] Its important to note that “recovery from a substance abuse problem does not stop at the last therapy session or the most recent support group meeting” [6] if you are to get well become you become worse off, you must first learn from your mistakes past so that you don’t repeat the same mistakes moving forward in the future, no one explains to you in life what you’ve done wrong, but they will be the first to correct you upon recognizing a condition about you that displeases them, under those circumstances stay home, less is more, when it comes to attendance and participation in your early days of sobriety. Part of the rehabilitative process is “taking a personal inventory of thoughts and feelings about a particular situation … [to begin again] enjoying a balanced and healthy life.” [7] Its common to feel sorry for yourself, even get upset with others as condition the conditions you now currently suffer from, learn to let go, first things first, your health, don’t worry what others think, if you cannot change yourself, your paranoias about what other people think, will only bring you further away from accomplishing your goals in life of moving forward irrespective of their concerns for your health, and their own health, keep to yourself. Note that “people with mental health or substance use disorders usually struggle to take stock of where their heads (and hearts) are. For this reason, emotional wellness in recovery is hugely important and a cornerstone of the counseling and rehabilitative process.”[8]

Mental Health and Your Environment

One of my biggest worries, is that as a person with mental health issues, as misunderstood, means that others think I am contagious, or that by their exposures to my life and upbringing, that its not a beneficial interaction, and that to speak to what is causing me illness, only makes me look bad, further disempowering me, while lifting the esteems of others, as having the privilege of being on the outside, and able to talk about the issues, with others, or as themselves, not apart of. “Environmental wellness” is “situating oneself in [a] pleasant, supportive environment that promote[s] [the] health and well-being, of the person to whom is suffering from an ailment, that requires having faith in a power greater than themselves which will restore their wellness. Other factors to consider are: emotional wellness, financial wellness, intellectual wellness, occupational wellness physical wellness, social wellness, spiritual wellness, to name a few. The treatment center you choose to begin the recovery process, should be the place, you feel most comfortable, it doesn’t matter the wellness of those around you, not if youre not judgmental it should not affect your ability to recover, no matter who you are, or what meds your on, Ive been around the sick of the sickest, and have still stayed well in spite of my exposures in life. To help ease the stress of being in recovery activities such as “running” has been shown to reduce stress, help with depression, clear the mind, [and] boost short-term brain functioning, [with a] heightened awareness” of ones surroundings, [making them] comfortable with the uncomfortable.”[9]

[1]-[3] https://www.samhsa.gov/find-help/recovery
[4] https://americanaddictioncenters.org/rehab-guide/wellness-recovery
[5] https://americanaddictioncenters.org/rehab-guide/wellness-recovery

[6] https://americanaddictioncenters.org/rehab-guide/wellness-recovery
[7] https://americanaddictioncenters.org/rehab-guide/emotional-wellness
[8] https://americanaddictioncenters.org/rehab-guide/emotional-wellness
[9] https://americanaddictioncenters.org/rehab-guide/emotional-wellness