

# Things to Remember in Recovery

Recovery is a personal process and can happen in many ways. Recovery is a journey with ups and downs, so remember that every day is a new day. Find people you can turn to who will support you in your journey.

**Refer to this card whenever you feel you need to.**

## Never forget your purpose and your why

(write down on the line below):

## Keep in Mind:

### 1. Believing that things will be OK.

When going through a difficult time, you may have mixed feelings or even feel disbelief when you hear, "Things are going to be OK." Finding support can be helpful in finding reassurance and hope in difficult moments.

### 2. Remembering recovery is a journey.

Making progress in your recovery may take time, and you may experience setbacks along the way. But even when you face challenges, you are still learning, growing and gaining skills to support your wellbeing. Your recovery journey may be different than another, and that is okay.

### 3. Showing up for ourselves.

Each person's recovery is unique. Put yourself and your needs first. Find people in your life that understand and support you.

**Sources:** Mental Health America, Substance Abuse and Mental Health Services Administration (SAMHSA)

Visit [TurnToSupportsTX.org](https://TurnToSupportsTX.org) for more resources and ways to find help.



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Health and Human Services

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