

RECOVERY IS LIFE

Many different factors determine how someone will approach recovery and if it's successful. Personal strengths, talents, coping skills, resources, values, and support from their family, friends, and community all play a role. Recovery really is a holistic journey that includes all aspects of a person's life.

The Substance Abuse and Mental Health Services Administration (SAMHSA) calls it The Dimensions of Recovery. Here are the four most important:

The Four Major Dimensions of Recovery



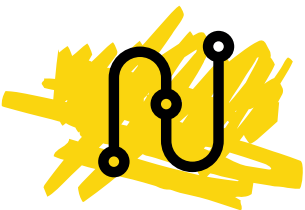
HEALTH

Overcoming or managing one's disease or symptoms and making informed, healthy choices that support physical and emotional well-being.



HOME

Having a safe, stable place to live is important for regaining stability in life.



PURPOSE

Engaging in meaningful daily activities, such as a job, family caretaking, or a creative outlet, offers independence, income, and resources to help rejoin society.



COMMUNITY

Having friends and family provides support, love, and hope. It's arguably the most important success factor during recovery.



LEARN HOW TO STAY SAFE
[KNOWTHEDANGERS.COM/SUD-RECOVERY](https://www.samhsa.gov/substance-use/recovery/about)

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