



www.JackiesRecoveryRoom.com

5 Essential Recovery Themes

My most commonly asked question, both on the podcast and in my work, is a variant on **“what do people do to get better?”**

A recovery journey is very personal, so there isn't *one thing* that everyone does. However, from going through all the recovery stories I have heard on the podcast, I did discover that there were **5 recovery themes**.

Theme 1 - Consistency

- Consistency means consistently putting in the work, doing the little things, showing up for yourself each day.
- Consistency doesn't mean pushing yourself. It means finding what you can do sustainably every single day and then doing it, even on days when it doesn't feel like you're getting anywhere.
- Imagine planting a seed - you plant the seed, then you water it day after day even though you don't see anything growing for ages. That's what you're doing - you're watering your own seeds.

Theme 2 - Mindset & Belief

- Faking a smile isn't a magic cure, however in the words of Dr Sarah (episode 144): *“if your cells are surrounded by all these stress hormones and all this fear and negativity, then it's not a very healing place for your cells to be bathed in. But if you can bath your cells with none of the stress hormones but more positive emotions, oxytocin and dopamine and all these things that your body releases when you're thinking of more positive things, things that you're grateful for, then the mind was thinking well, surely that's a better environment for recovery of my cells”*
- Belief that you can recover, or that things can get better is going to help you to put in that consistent work (theme 1). It's going to make it easier to look for things that will help .

- Mindset & belief help to navigate the frustrations of fluctuations in recovery, and to save energy “just for now”
- This also helps with being more open to things that can help in recovery

Theme 3 - Understanding Your Body

- Understanding what’s going on in your body helps to make good choices about things that will help (or saying no to things that won’t help)
- As you start to learn the nuances of your own body & nervous system, you can be more targeted about the strategies that work for you, how much to do and when they work the best.
- Learning your own needs helps you to meet those needs as best as you can.
- Knowledge is power - understanding makes things less scary and gives a feeling of empowerment

Theme 4 - Building Personal Strategies

- Explore different strategies. Start to work out what works for you. Build them intentionally into your day or your week.
- This might include medications/supplements, balancing hormones or diet strategies (if guided by a trained professional)
- Other strategies could be acupuncture, hyperbaric oxygen, journalling, therapy, meditation, breathwork, gentle movement, nature, creativity and many other things.
- It’s important to use these strategies in an appropriate way; one that works for your body - ideally with the guidance of someone with lived experience as well as professional knowledge. **If it doesn’t feel good, it’s not doing you good.**
- Understand which strategies work in which situations (coming back to theme 3) so that you can meet yourself where you are.
- Be careful not to “over-schedule” - introduce things gently to avoid overwhelming the body.

Theme 5 - Creating a Healing Environment

- Being mindful of what you put into your body; food, hydration, breath;

but also the people around you, the online content you consume and the thoughts that are doing laps in your mind. Are these things giving you cues of safety or are they adding to a sense of unsafety?

- A healing environment is a personal thing - a diet or breath practise that worked for one person will be different to what works for you.

Useful questions to ask yourself:

- **What is the best thing I can do for my body right now?**

Let go of trying to be perfect and do the best you can do in this moment.

- **What am I the most afraid of?**

It's not always what we think it is; and bringing some clarity to what we most fear can often help us make the best choices in each moment.

- **What could I do right now that would help just 1%?**

It's easy to become overwhelmed when everything feels so difficult or uncomfortable. Let's start with 1%.

- **What emotions am I feeling?**

Are there emotions that need to be felt that you aren't aware of, or might be avoiding? Is there a safe place, person or practise that could help you to feel it?



Hear the full episode:

<https://www.buzzsprout.com/1835170/episodes/14452815>

****You should not rely on any medical information contained in this podcast and related materials in making medical, health-related or other decisions. Please consult a doctor or other health professional****