



# Here for Recovery Month. Here for Every Day.

Many factors affect how you cope in mentally and emotionally trying times. This includes your background, social support, financial situation, health and community. Whatever your situation may be, the following tips may help build (or rebuild) your emotional well-being and resilience.

## Give yourself time to adjust.

Know that this will be a difficult time in your life. Allow yourself to mourn the experience. Try to be patient with emotional changes.

## Accept support.

Sometimes when people are in pain, they isolate themselves. But social support from people you trust can be important. Connect with empathetic and understanding family members and friends. Seek those who you will listen to and others who will support you objectively.

## Communicate.

Express what you're feeling in ways that are comfortable for you. For example, talk with a friend, write in a journal or draw.

## Join a group.

Group discussion can help you realize you are not alone in your reactions and emotions. Support group meetings led by trained and experienced professionals can be especially helpful if your personal support systems are limited. Connect via app, phone or mail if social distancing measures are in place.

## Engage in healthy behaviors.

Stress is as much physical as it is emotional. So eating a well-balanced diet, getting rest and exercising regularly may help strengthen your body. They may also reduce feelings of anxiety or depression. Relaxation techniques such as breathing exercises also can help you build connections and restore hope. So can mindfulness practices such as yoga, journaling or meditation.

## Avoid negative outlets.

Using alcohol and drugs to numb what you're feeling detracts from and delays active coping. Instead, seek resources and outlets to help you actively manage your feelings and stress.

## Be proactive.

Set realistic — even small — goals and work on them. It could be as simple as a chore you want to accomplish or a book you would like to finish. Establishing a routine — regular meal times, exercise programs or a sleeping/waking schedule — can help provide comforting structure and something to look forward to.

## Avoid making major life decisions.

Important decisions such as changing jobs or moving homes tend to be highly stressful. They're even harder when you're already experiencing distress.

## Keep perspective.

You may not be able to change a highly stressful event. But you can change how you interpret and respond to it.

## Nurture hope.

Consider other hardships you've overcome in your life. Think about where you found strength and what you learned. Try to be optimistic that good things will and do happen to you. Think about positive experiences you've had.

## For more information about Recovery Month, visit:

[www.stampoutstigma.com/recovery](http://www.stampoutstigma.com/recovery)

## Need help now?

If you are experiencing thoughts of suicide or something else that is urgent or an emergency, **call 911** or **1-800-273-TALK (8255)**.

To connect with specialists trained in addressing substance use disorders, call the Optum Substance Use Disorder Helpline at **1-855-780-5955**. It's confidential and available 24/7.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.