



## For the Caregiver: Building Recovery

Recording your thoughts and ideas – also known as “journaling” -- can be a supportive practice for you as a caregiver, providing a private, comforting space to process what you’re thinking, feeling and experiencing.

By writing consistently and revisiting your entries periodically, you can support your loved one to build their recovery, uncover new perspectives and deepen self-awareness.

If you find journaling helpful, you might consider buying a physical journal as a gift for your loved one to help them more deeply explore the questions in these worksheets.



## Ways to Navigate Recovery

**Part 1 of the “I’m Diagnosed. Now What?” toolkit** describes on page 8 how your loved one’s recovery can involve multiple factors that work together to keep them well and stable. How can you help your loved one with these key components for personal recovery?

### Open communication

How can I better listen to and understand my loved one’s concerns?

### Building a routine

What can I do to gently help my loved one build a regular schedule?

### Exercise

How can I encourage my loved one to stay active and find easy ways to move?



**Goal setting**

What can I do to support my loved one as they set and work toward their goals?

**Education**

How can I help my loved one read, listen or watch more about their interests?



## Reflecting on Recovery

**Part 1 of the “I’m Diagnosed. Now What?” toolkit** shares on page 8 some topics to consider on your own recovery journey. The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) [defines recovery along these four dimensions](#): Health, Home, Purpose and Community.

Take a look at your loved one’s worksheet for these recovery dimensions. You can use the space below to think about how to best support your loved one’s journey through each dimension:

### Dimension 1: Health

Overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional wellbeing.

#### **How does my loved one feel they are doing, or could be doing better?**

How can I better support my loved one in this recovery dimension of health?

If your loved one picked a 1 😞 or 2 😞 on their worksheet, please consider talking to them and exploring ways to improve this recovery dimension.



### Dimension 2: Home

Having a stable and safe place to live.

#### How does my loved one feel about their living situation? Do they feel safe and stable?

How can I better support my loved one in this recovery dimension of home?

If your loved one picked a 1 😞 or 2 😞 on their worksheet, please consider talking to them and exploring ways to improve this recovery dimension.

### Dimension 3: Purpose

Conducting meaningful daily activities, such as a job, school, volunteerism, family caretaking or creative endeavors, and the independence, income and resources to participate in society.

#### How does my loved one feel about their daily activities?

How can I better support my loved one in this recovery dimension of purpose?

If your loved one picked a 1 😞 or 2 😞 on their worksheet, please consider talking to them and exploring ways to improve this recovery dimension.



**Dimension 4: Community**

Having relationships and social networks that provide support, friendship, love, and hope

**How does my loved one feel about how connected they are with their community?**

How can I better support my loved one in this recovery dimension of community?

If your loved one picked a 1 😞 or 2 😞 on their worksheet, please consider talking to them and exploring ways to improve this recovery dimension.



**Additional Personal Notes**

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