

Three Healthy Ideals for the Recovery Coach



Recovery is a Good Thing

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Recovery 4 All

AGENDA

- ❑ **WHOLE HEALTH/SELF-CARE**
- ❑ **LIVED EXPERIENCE**
- ❑ **PASSION FOR RECOVERY**

WHOLE HEALTH/ SELF-CARE



Factors Impacting One's Health and Resiliency

10 HEALTHY LIFESTYLE/RESILIENCY DOMAINS

1. Stress Management
2. Healthy Eating
3. Physical Activity
4. Restful Sleep
5. Service to Others
6. Support Network
7. Optimism Based on Positive Expectations
8. Cognitive Skills to Avoid Negative Thinking
9. Spiritual Beliefs and Practices
10. A Sense of Meaning and Purpose

Peer Support Whole Health & Resiliency

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Factors Impacting One's Health and Resiliency

- ▶ Stress Management
- ▶ Healthy Eating, Physical Activity, Restful Sleep
- ▶ Service to Others and Support Network
- ▶ Spiritual Beliefs and Practices

**Unhelpful and
Unhealthy
Coping
Strategies Can
be Triggers for
Burnout**

Some of These Include:

- ▶ **Work longer hours**
- ▶ **Don't delegate**
- ▶ **Don't take breaks**
- ▶ **Don't say no**
- ▶ **Bottle up feelings**
- ▶ **Procrastinate and avoid**
- ▶ **Be a perfectionist**
- ▶ **Take work home**
- ▶ **Take on issues of others**
- ▶ **Don't talk about it**
- ▶ **Squeeze out leisure activities or hobbies**

Reflect on these as they pertain you.

SELF-CARE

Practicing self-care can be a critical method of protecting yourself against compassion fatigue.

It is not uncommon for those who are constantly concerned with the needs of others to wind up neglecting their own.

Those who practice good self-care are significantly less vulnerable to stress and compassion fatigue than those who fail to do so.

SELF-CARE

- ▶ **A good self-care regimen will look different for each person, but it should generally include taking care of:**
 - **Physical Health**
 - **Emotional Health**
 - **Spiritual Health**

Wise Advice ...

“Doctors won’t make you healthy.

Nutritionists won’t make you slim.

Teachers won’t make you smart.

Gurus won’t make you calm.

Mentors won’t make you rich.

Trainers won’t make you fit.

Ultimately, you have to take responsibility. Save yourself.”

Naval Ravikant



LIVED EXPERIENCE



LIVED EXPERIENCE

- ▶ Personal knowledge about the world gained through direct, first-hand involvement in everyday events rather than through representations constructed by other people.
- ▶ It may also refer to knowledge of people gained from direct face-to-face interaction rather than through a technological medium.

www.oxfordreference.com

LIVED EXPERIENCE

- ▶ **In Rehab Treatment patients are encouraged to share their lived experience at all levels, inpatient, PHP, IOP, and OP.**
- ▶ **Also, in many ongoing Recovery Support Groups.**
- ▶ **Bringing Consciousness into the moment.**

The Synergy That Is Life

Consciousness

*Awareness Of What Is Happening Now
The Ability To Make New Choices &
Start Creating A New History Right Now*

Your Now & Present

What Is Happening In & And Around You Now

Your Story

The Past & Your Selective Memory of Your Past

Conscientization (Managing The Self)

- ▶ Even though history can carry wounds and is/*was* real at the time, we can choose to make a new history for tomorrow by living in the NOW.
- ▶ Taking responsibility for our *current* actions not being at effect of our past.
- ▶ Recognizing and accepting of the reality NOW is the first step in moving forward in life instead of being stuck in reverse.

Present & Now

Our Life is Present

And

And

Now

Now

Bring Consciousness into the Moment

One Day at a Time

In the Moment

We Need to be Present

**Don't cry over the
past, it's gone.
Don't stress about
the future, it hasn't
arrived. Live in the
present and make
it beautiful.**

**You are
VERY Special**



DavidParkerAuthor.com

*You've got a new story
to write.*

*And it looks nothing
like your past.*

PASSION FOR RECOVERY



PASSION FOR RECOVERY

have a passion for someone or something

Fig. to have a strong feeling of need or desire for someone, something, or some activity.

-Mary has a great passion for chocolate.

-John has a passion for fishing, so he fishes as often as he can.

See also: [for](#), [have](#), [passion](#)

McGraw-Hill Dictionary of American Idioms and Phrasal Verbs. © 2002 by The McGraw-Hill Companies, Inc.

PASSION FOR RECOVERY

- Finding and living a life of passion is a transformative way to rise above the grips of addiction.

Why is passion important?

- Passion is the feeling that gives our spirit a spark.
- Having passion in life keeps us engaged and active and gives us the motivation needed to live an authentic life
- Passion is often born after overcoming a difficult experience, including a substance use disorder.

PASSION FOR RECOVERY

- Living a life of passion can benefit those in recovery from addiction because people who live a passionate life are less likely to suffer from fear, procrastination, doubt, or indecision, all of which can plague individuals in active addiction.
- Living a passionate life can further benefit an individual at home, in the workplace, in relationships, with improving life skills, health and wellness, creating a healthy balanced life, and improving one's overall well-being.

DISCOVERING ONE'S PASSION

- Recovering Substance Use Disorder persons looking to feel more confident can find new ways to re-engage in life, maintain social connections, and discover their purpose.
- Making lifestyle changes takes patience and self-motivation; however, stepping into a renewed life is an exciting journey with great rewards. Individuals delight in the joy that comes from living an authentic life free from addiction and celebrate their courage for walking into a life of passion in recovery.

DISCOVERING ONE'S PASSION

- Recall activities you once enjoyed prior to your addiction and notice what excited or interested you. Was it starting a business? Was it traveling? Was it learning a new language? This feeling may be the secret to unlocking your passion. Once a dream is identified, you can keep that passion alive by making it part of your daily life.



Be passionate, be
optimistic, be grateful.

Conor McGregor

FINALLY

- ▶ **BE PASSIONATE**
- ▶ **BE OPEN MINDED**
- ▶ **BE TEACHABLE**
- ▶ **BE ABLE TO SHOW YOUR PASSION**
- ▶ **RECOVERY IS A GOOD THING**

Thank You



Recovery is a Good Thing

Rick Has a Passion for Recovery