

SEPTEMBER IS *recovery* MONTH



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September is National Recovery Month, a nationwide event aimed at promoting awareness, combatting stigma, and providing education on how mental

health services and substance use treatment can help individuals struggling with these diseases achieve a fulfilling and healthy lifestyle. The theme for National Recovery Month¹ is “Recovery is For Everyone: Every Person. Every Family. Every Community.” Which helps remind people in recovery and those who support them that no one is alone in the journey through recovery.

Recovery month is the perfect time to shed light on the stigma of substance use disorders and lift up individuals who are thinking about getting sober, newly on their path, or 50-plus years sober. No matter where someone may be in their recovery journey, it is essential to remember self-care (providers we’re looking at you too!). It’s important to prioritize our well-being before caring for others, as we cannot effectively care for others if we are not in a good place.

According to the NIMH² website, here are some helpful strategies that individuals, as well as providers, can benefit from:

- Get regular exercise
- Eat healthy, regular meals
- Stay hydrated
- Make sleep a priority
- Try a relaxing activity
- Set goals and priorities
- Practice gratitude
- Focus on positivity
- Stay connected



Positivity and gratitude can go a long way for people who are working towards abstinence. Providers often ask clients to appreciate the small steps, as they all lead to positive changes, and to remember to embrace this process.

RECOVERY IS EASY; YOU JUST HAVE TO CHANGE EVERYTHING.

It’s crucial to recognize that people will experience substantial transformations following treatment. This saying is essential as we take one step at a time to forge the path of recovery and reduce the stigma of addiction.

¹NAADAC The Association For Addiction Professionals

²National Institute of Mental Health.

Caring for Your Mental Health