



Recovery Card



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Setback: You used recreational drugs yesterday. **Add two pieces to your cup.**
FACT: Recreational drugs are very hard on a brain recovering from a mental illness – a physician can tell you more.

Positive Action: You got some exercise. **Take two pieces out of your cup.**
FACT: Exercise is good for you and your brain, and helps improve mood and circulation. **BONUS:** If you have done some exercise for at least 15 minutes in the last 2 days, take two more pieces out of your cup.

Positive Action: You gave written consent to your clinician for a trusted person to be told about your health, medications and discharge planning. **Remove 4 pieces from your cup.**
FACT: Your family or friends will have an easier time helping you if you become ill if they have some information about your health.

Positive Action: You've been sleeping well lately. **Remove two pieces from your cup.**
FACT: Getting enough sleep is an important part of maintaining a healthy lifestyle that helps recovery. Good sleep helps regenerate the brain.

Positive Action: You started to go to a support group for people with mental illness. **Remove three pieces from your cup.** **FACT:** Having a supportive place to talk about what is going on helps keep your stress manageable, making recovery easier. **Bonus:** if you attend a support group now, take another two pieces out of your cup.

Positive action: You took a relaxation class. **Take three pieces out of your cup.**
FACT: Relaxation exercises reduce stress, helping your brain to heal and stay healthy. **BONUS:** If you already know how to do progressive relaxation, take one more piece out of your cup. If another player knows where you can learn this skill, they may **remove one piece out of everyone's cup**

Positive Action: You texted or called a good friend you haven't seen for awhile and invited them to watch a movie with you at home. **Take three pieces out of your cup.**
FACT: Having people who know and like you in your life can make you feel good and provide support. People sometimes want to **help or reconnect, but don't know how.**

Positive Action: You were honest with your mental health care provider about whether you use recreational drugs. **Remove three pieces from your cup.**
FACT: Using recreational drugs is not good for anyone's brain, but is particularly hard if your brain is already ill. Even if a person is not ready to stop, knowing can help doctors recommend the right care.

Setback: You haven't been sleeping well lately. **Add two pieces to your cup.**
FACT: Getting enough sleep is an important part of maintaining a healthy lifestyle that helps recovery. Good sleep helps regenerate the brain.

Positive Action: You've been attending a support group for people with a mental illness regularly for the last three months. **Remove four pieces from your cup.** **FACT:** Maintaining good social supports helps keep your stress manageable, making recovery easier. **Bonus:** if you attend a support group now, take another two pieces out of your cup.

Positive Action: You made a small concrete goal for yourself and achieved it. **Remove three pieces from your cup.**
FACT: Making and keeping small goals is an effective way to make progress over a longer term.

Positive Action: You joined a social activity you enjoy. **Remove two pieces from your cup.**
FACT: Participating in positive social activities can be part of a strategy for staying well. **Bonus:** Come up with one social activity you might enjoy and remove two more pieces.

Positive Action: You noticed you were feeling stressed and slowed down to take care of yourself. **Remove three pieces.**
FACT: Making sure your stress **doesn't** get out of hand is a very important part of getting and staying well.

Positive Action: You spent 5 minutes today to breathe slowly and deeply. **Remove one piece from your cup.**
Bonus: If you breathe slowly and deeply from now until your next turn, remove two more pieces from your cup. Anyone who joins you until their next turn can remove one piece as well.

Positive Action: You continued taking your medication as prescribed even when you are feeling well. **Remove 4 pieces from your cup.** **FACT:** It is importance to continue taking medications, even when you feel better, in order to prevent relapse. It is wise to only change medication dosages if your doctor thinks **it's a good idea.**

Positive Action: You have a part time job you enjoy. **Remove two pieces from your cup.** **FACT:** Participating in positive work can be part of a strategy for staying well.

Positive Action: You've been getting regular medical checkups. **Remove two pieces**
FACT: Getting regular checkups will help make sure you have the right medication and treatment you need to recover, stay well and avoid problems. **Bonus:** if you have seen your doctor in the last month, remove an additional piece.

Positive Action: You went with a loved one to speak with a school counsellor about your illness and make plans to go back to school. **Remove three pieces from your cup.**
FACT: Going to school or back to school is easier if the school is educated about psychosis and how that may affect your abilities. It also helps to have support.

Positive Action: You quit smoking with support from your doctor. **Remove three pieces from your cup.** **FACT:** Maintaining a healthy body is an important part of supporting brain in being healthy. Tell your doctor, because your medications may have to be adjusted. **Bonus:** If are now a non-smoker, take two more pieces from your cup.

Positive action: You started hearing voices and weren't sure if they were real. You asked someone in your family to help you figure out if it was real or not. **Remove two pieces from your cup.**
FACT: Reality testing – asking someone you trust to help you figure out what is real – can be very helpful.

Positive action: You set up a routine for yourself so that every morning you got some exercise and every afternoon you got out of the house. **Remove three pieces from your cup.** **FACT:** Routines make it easier to make sure healthy activities happen, and make life simpler and less stressful for a recovering person.

Positive Action: You reminded yourself that it's okay to go slow, and were patient with yourself for the time it takes to get back up to speed. **Remove two piece from your cup.** **FACT:** Even when most symptoms are under control, it takes awhile for the brain to heal. Being patient with yourself helps your recovery.

Positive Action: You go play badminton with a friend. **Remove two pieces from your cup.** **FACT:** Low-key, one-on-one activities with a friend are a good fit for a person who is recovering from a mental illness. Noisy or busy activities in crowds tend to be more difficult.

Come up with five things to do that you might enjoy doing in the next week with a friend or family member. **If you get all five, remove 4 pieces from your cup. If you get 2 or more, remove 2 pieces.** **Fact:** Activities that you enjoy doing may change when recovering from psychosis. Having a list of things you might enjoy can help.

Setback: You stopped taking your prescribed medication. **Add 4 pieces to your cup.** **Fact:** Medication should never be stopped without consulting with your doctor. Letting your doctor know about any side effects you are concerned about can help him or her adjust your medication to reduce them.

Positive Action: You started keeping a diary of how you feel each day, to help keep track of symptoms and side effects. **Remove two pieces from your cup.**

FACT: Diaries are useful for seeing how far you have come, for figuring out what works, and for making note of things to tell your doctor or mental health provider.

Positive Action: Over the last week you've noticed signs that you be heading to a relapse: not sleeping well, avoiding people, having a hard time concentrating or talking to people. You make an appointment with your doctor. **Remove four pieces from your cup.**

Positive Action: You go out with a friend for coffee. **Remove two pieces from your cup.** **FACT:** Low-key, one-on-one activities with a friend are well suited for a person who is recovering from a mental illness. Noisy or busy activities in crowds tend to be more difficult.

You attended a program for people with mental illness that helps you plan and write down what you would like to happen in case of relapse. **Remove 4 pieces from your cup.** **Fact:** Planning while you are well what you would like to happen if get ill again can be very helpful to everyone.

Positive Action: You were getting frustrated with the side effects of your medications. You made an appointment with your doctor to discuss adjusting your medications. Good for you for taking action on this! **Remove 4 pieces from your cup.** **Fact:** Side effects are the number one reason people go off their medications. Your doctor can help reduce and manage side effects.

Positive Action: You promised yourself you would go for a walk every day for a week. It's a week later and you kept your promise to yourself. **Remove 2 pieces from your cup.** Fact: Setting small goals and achieving them is a good way to gradually get back into things you enjoy or do things you want to accomplish.

Positive Action: You wanted more information about your illness. You went to www.heretohelp.bc.ca or www.earlypsychosis.ca and looked for information. Remove two pieces from your cup.

Positive Action: You invited a trusted person to come with you to your appointment with your doctor. This way, you have another set of ears to remember information. **Remove two pieces from your cup.**

Setback: You stopped taking your prescribed medication. **Add 4 pieces to your cup.** Fact: Medication for mental illness should never be stopped without consulting with your doctor. If you tell your doctor about any side effects they can help adjust your meds to reduce them.

Positive Action: You attended a program for people with mental illness that helps you plan and write down what you would like to happen in case of relapse. **Remove 4 pieces from your cup.** Fact: Planning while you are well what you would like to happen if you get ill again can be very helpful to everyone.

Setback: You used recreational drugs. **Add two pieces to your cup.** Fact: Street drugs interfere with your prescribed medication and put stress on your brain while it is healing. For help figuring out how to change your drug use, talk to your doctor.

Positive Action: You sat down with your family or trusted friends and wrote down what you would like to happen if you have a relapse. You wrote down names of people your doctor can talk to about your treatment. You wrote down what topics the doctors can discuss with these people and shared this with your doctor or clinician. **Remove four pieces from your cup.**

Positive Action: You wanted more information about your illness. You went on the internet to www.heretohelp.bc.ca or www.earlypsychosis.ca and looked for information. **Remove two pieces from your cup.**

Positive Action: You continued taking your medication as prescribed even when you are feeling well. **Remove 4 pieces from your cup.** FACT: It is importance to continue taking medications, even when you feel better, in order to prevent relapse. It is wise to change medication dosages or go off **meds only with your doctor's approval.**

Positive Action: You noticed you were feeling stressed and slowed down to take care of yourself. **Remove three pieces.** **FACT: Making sure your stress doesn't get out of hand is a very important part of getting and staying well.**