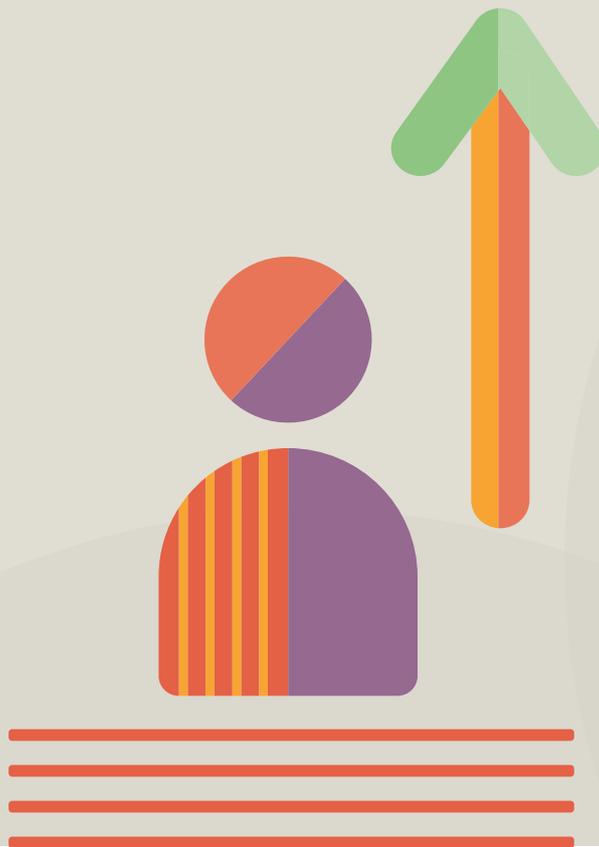


Let's talk recovery

Activities to support recovery conversations



Recovery Conversations Materials

Here at Scottish Recovery Network we want everyone to get involved in recovery conversations. We know that talking about recovery and sharing our stories of recovery is empowering and inspiring and helps to change attitudes. We have also found that whilst people often invite us to talk to their group or service about recovery, what they really want is a little help to have the conversations themselves.

These materials have been developed to support groups and services to get the recovery conversation going. They are not the only exercises or topics you can use so please feel free to adapt them to meet your needs and also develop your own approaches.

We also have a range of leaflets and our Let's talk about recovery Conversation Cards which you can find on [the SRN website](#) or order from us (Scotland only) by contacting info@scottishrecovery.net or 0141 240 7790.

Enjoy your recovery conversations.

Put yourself in the film

Our friends at Making Recovery Real in Dundee have produced a fantastic [Recovery Stories Film](#) where people share their experiences of recovery.

Showing this film, or parts of it, can be a great way to get people thinking about recovery. Hearing from other people can spark our curiosity, encourage reflection and empower us to value our experiences and learning. This encourages people to think about what they want to share about recovery with others.

There is also a [Recovery Stories Film Guide](#) which has more information about the film and how it was developed and suggests more questions to get the recovery conversation flowing.



Put yourself in the film

Imagine you are in the recovery film.
Be yourself. Don't be embarrassed!
What would you want to share with other people?
Think about your story...



What keeps
you feeling
good?

What lessons
have you
learnt?

My wellness toolbox

We all have mental health. Mental health like health is a positive thing.
We often talk about what we should do to stay physically healthy...
But do we think about what we can do to stay mentally well?

Think about up to five things you regularly do to stay mentally well

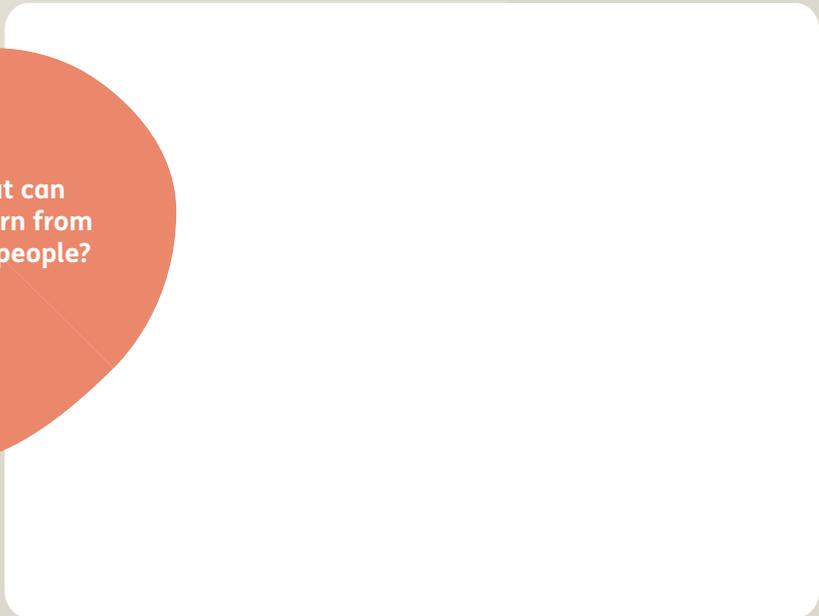
If this is difficult think about things that you could do
Once you have this, share something with the people around you
Remember – you only have to share what you want to

Are there similarities between what you and others do to stay well?

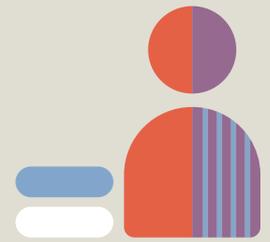


Are there similarities between what you and others do to stay well?

What can we learn from other people?



My wellbeing toolkit



1

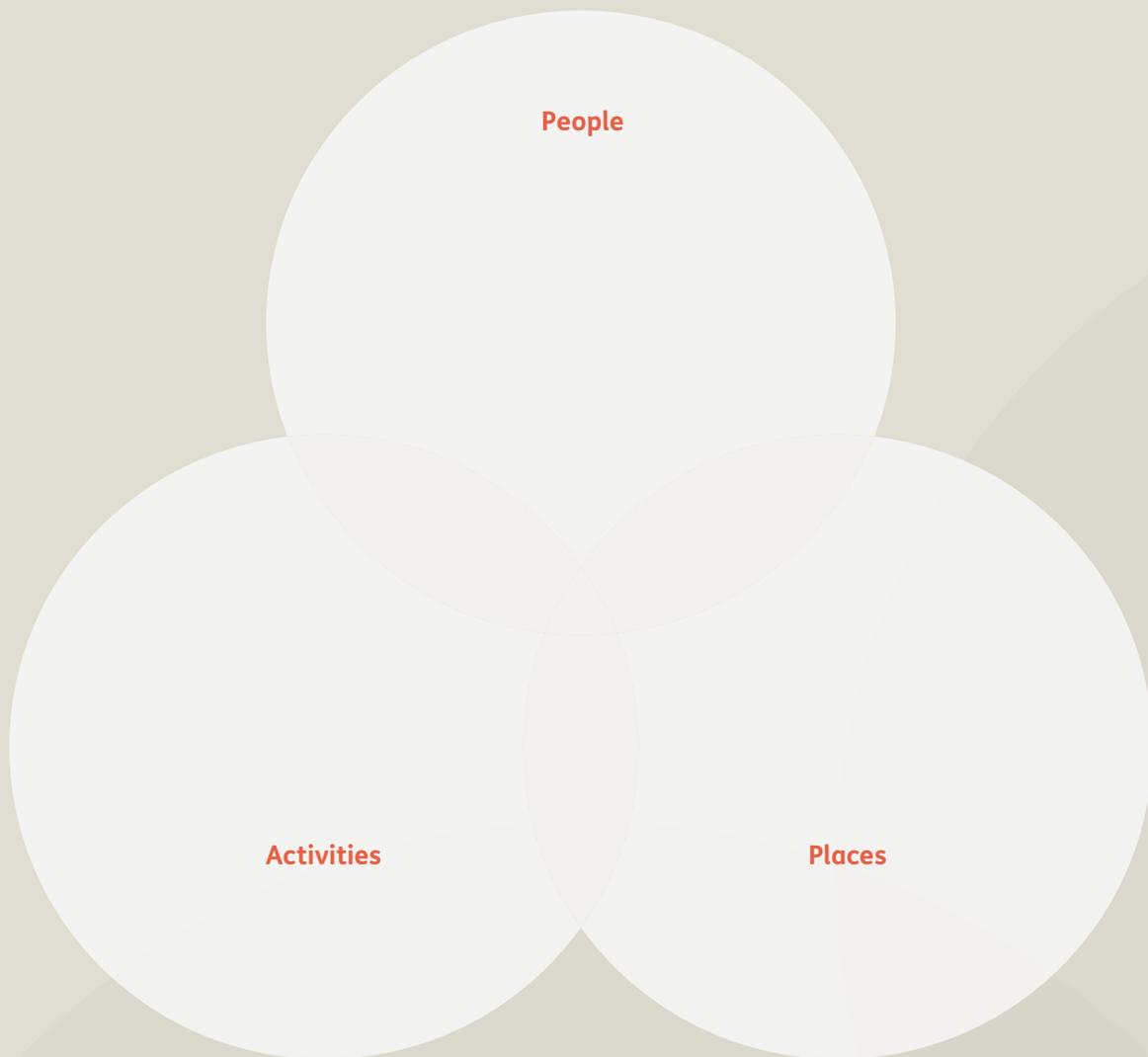
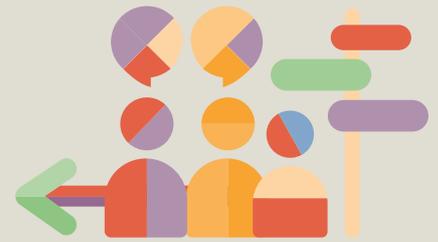
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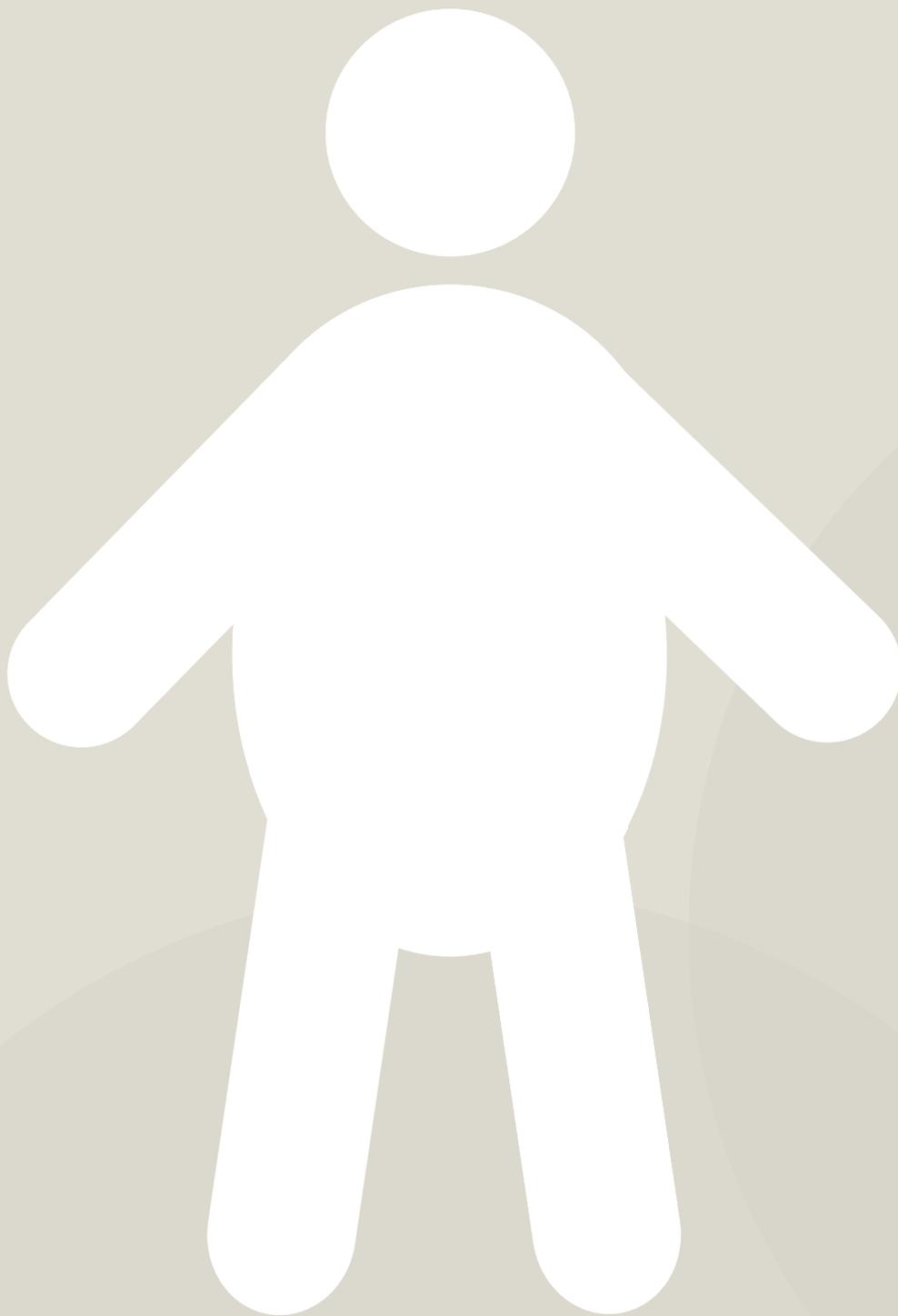
4

5

My support system



What does good support feel like?



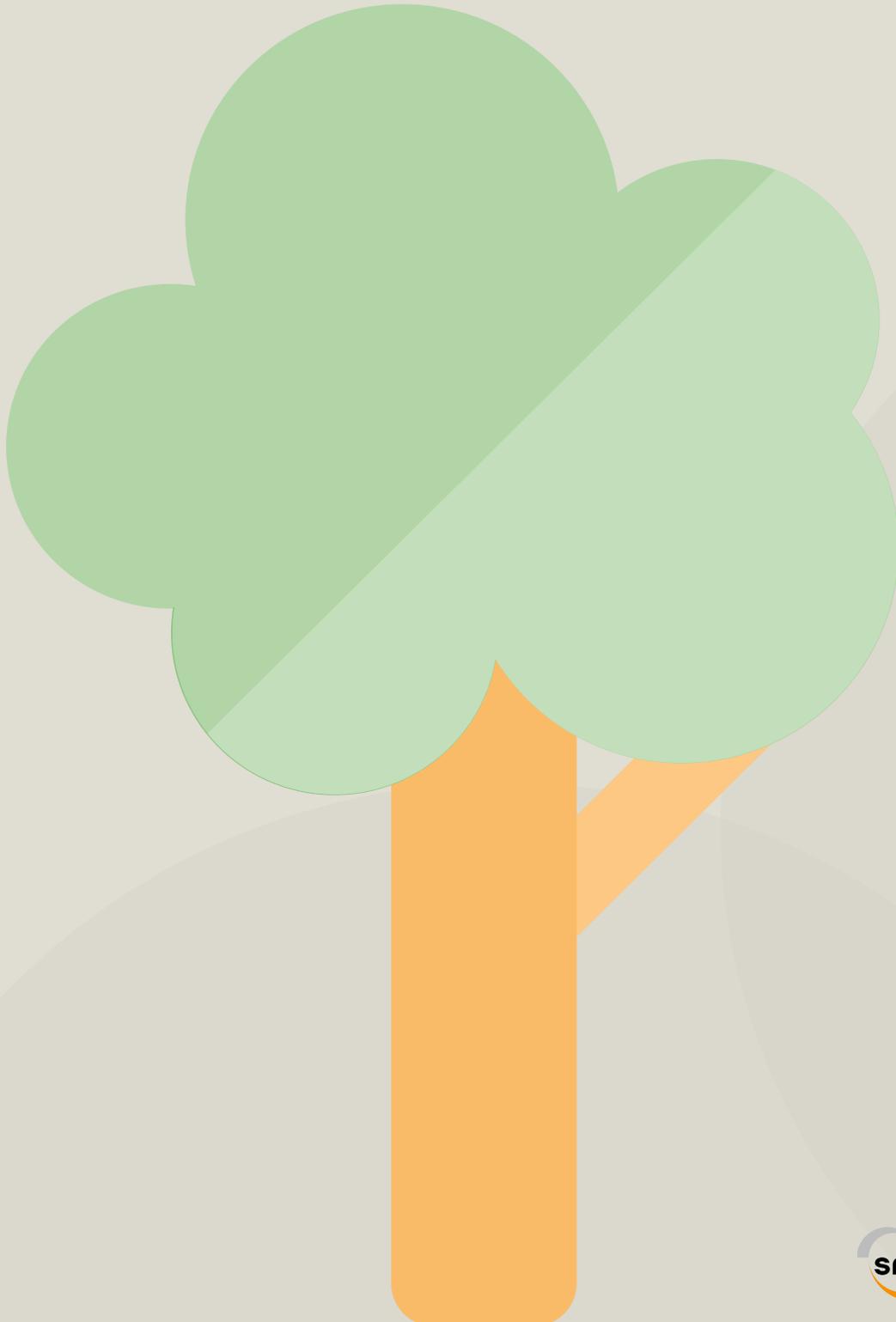
My recovery journey

Think about your journey.
What are the key moments, people or turning points?



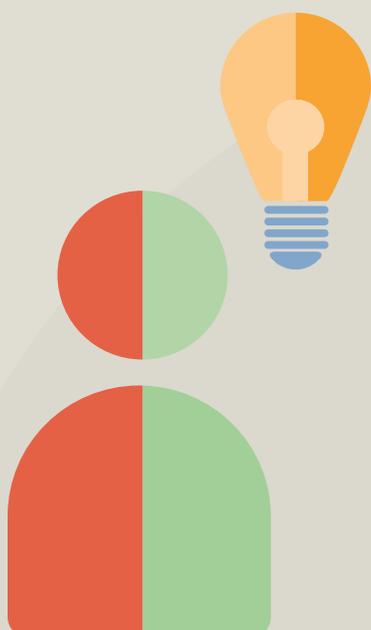
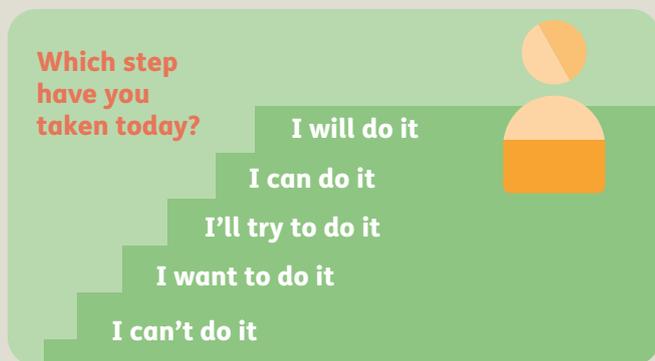
What does recovery mean to me?

Put your recovery words and thoughts on the recovery tree



What does recovery mean to me?

Think about the following pictures.
What do you think they tell us about recovery?



What supports recovery?

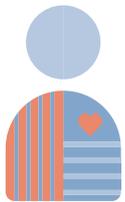


Connections

- good relationships
- peer support
- community

Hope

- belief in recovery
- motivation to change
- positive thinking
- dreams

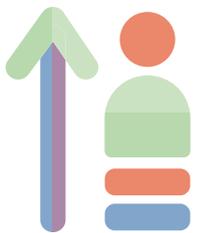


Identity

- positive sense of self
- overcoming stigma
- person not diagnosis

Meaning

- purpose in life
- feeling valid
- contributing



Empowerment

- focus on strengths
- control
- personal responsibility
- self-management

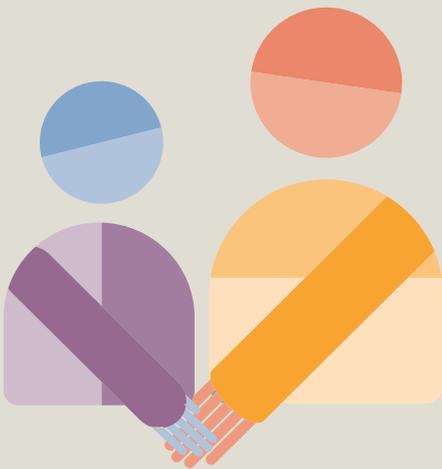
What supports you
on your recovery
journey?

How do you
support others?

What makes great support?

Think about a time when you needed some support and someone really helped.

It could be any type of situation and the help could come from family, friend, colleague or co-worker.



What was it about the support that really worked?

You don't need to share what the situation was, just why the support really helped.

Think about what the person said and how it made you feel.

Are there similarities between what you and others do to stay well?

What can we learn from other people?

We all have a part to play in recovery

Recovery is everyone's business.

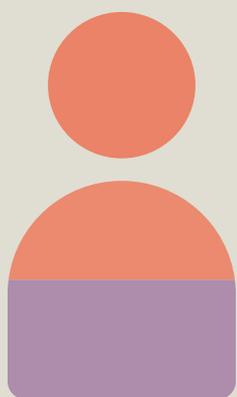
We can all do things to support ourselves and others on the recovery journey.



What can you do?



The one thing I will do now (or very soon) is...



Together we can make recovery real
for everyone in every community.

Get involved

info@scottishrecovery.net

0141 240 7790

www.scottishrecovery.net

or join us on social media

 [@SRN_Tweet](https://twitter.com/SRN_Tweet) [#LetsTalkRecovery](https://twitter.com/#!/LetsTalkRecovery)

 [/scottishrecoverynetwork](https://www.youtube.com/channel/UC...)

 [Scottish Recovery Network](https://www.youtube.com/channel/UC...)

