



Stay Connected:

THROUGH RECOVERY

Any step toward recovery is a courageous and monumental move. It is a significant stride you should take great pride in. It is also a perfect time to recognize the importance of creating a community of support that can share in the peaks and valleys of change.

There will be both moments of grief and celebration and every other emotion in between. Your support system can make all the difference in how well you cope during the highs and lows of major change. For that reason, it is critical you create your community with intention.

As you grow in recovery, you get to decide what your needs are, and how to get those needs met. Ponder these questions to determine what kind of support you may want on your recovery journey. **Do you want friends who encourage you in engaging in old behaviors, or visiting old places that may be triggering? Or do you want friends who are willing to hold you accountable and encourage you to make healthy decisions in a moment of weakness? Do you want family who consistently make you feel bad about past behavior and actions? Or do you want family who remind you that forgiveness and love are still available to you through your human struggles?**

If you decide you'd like to be surrounded by people who will support you as you make changes in your life, some of the best places to find support and create family are within your peer recovery support groups, places of spiritual enrichment, and online recovery communities. You also have access to your Employee Assistance Program. Reach out to the EAP for additional support with recovery. No matter where you begin your quest, it is important to know that the journey was never meant to be traveled alone. **Visit EAP4YOU.com to learn more.**