



Rethinking Recovery

Broadening Our Understanding of “Recovery”
and What It Has to Teach Us All



A Few Reminders...

- > Submit your questions through the chat pod.
- > Say hey in the comments! If you prefer not to be interrupted throughout the webinar, feel free to turn your comments off.
- > Check your email later today for a copy of these slides and a replay of this webinar.



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**“There is the life that most of us live,
and then there is the life we have
buried deep inside us, the life we know
we’re supposed to be living.”**

— Holly Whitaker



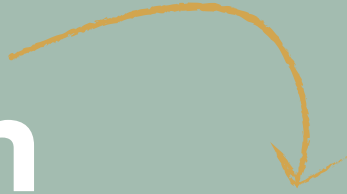
Sobriety



- > The State of Being Sober
- > Clarity of Mind



Addiction



- > A Neuropsychological Disorder Characterized by a Persistent and Intense Urge to Engage in Certain Behaviors, Often Usage of a Drug, Despite Substantial Harm and Other Negative Consequences



Recovery



- > Regaining Possession or Control of Something Stolen or Lost
- > Restoration or Return to Health, to a Better State or Condition

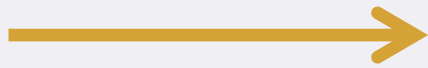


How do we assess problematic behaviors?

- Is our behavior causing "harm?"
- Is our behavior causing disconnection?
- Is our behavior keeping us from feeling our feelings?



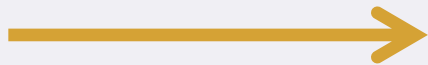
Starting a Recovery Journey



- > Get Curious
- > Develop a Plan
- > Feel
- > Find a Community
- > Assess Your Surroundings
- > Take Action



Markers of Recovery



- > Transparency & Congruency
- > Connection
- > Embodied Awareness
- > Access to Clarity
- > Being of Service without Giving Up Yourself
- > Living within Your Principles
- > Acceptance
- > Ability to React and Not Just Respond



“You may not control all the events that happen to you, but you can decide not to be reduced by them.”

— Maya Angelou



What do we do if we want to take a step towards recovery in some area of our life?

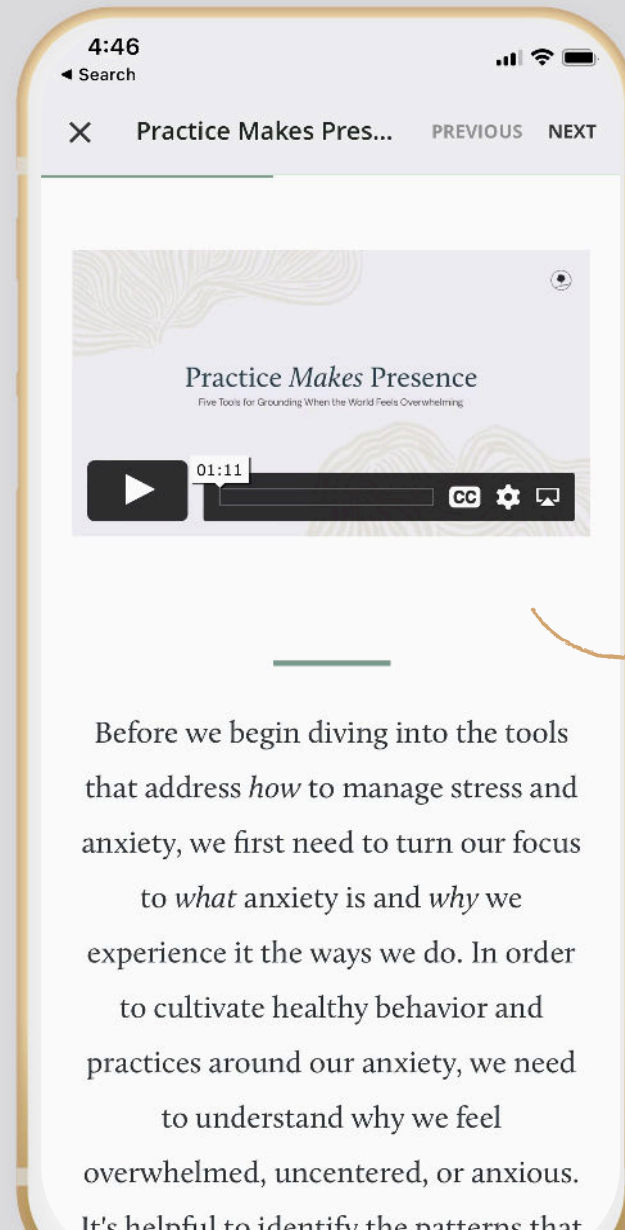
- Talk to Someone
- Go to Therapy
- Attend an Onsite Program



Q & A

FOR MORE SUPPORT:

Practice *Makes* Presence



Before we begin diving into the tools that address *how* to manage stress and anxiety, we first need to turn our focus to *what* anxiety is and *why* we experience it the ways we do. In order to cultivate healthy behavior and practices around our anxiety, we need to understand why we feel overwhelmed, uncentered, or anxious. It's helpful to identify the patterns that



Guided by Christopher O'Reilly

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