

### FOUR PILLARS THAT SUPPORT A LIFE IN RECOVERY

One definition of recovery is “a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential.” Input from more than 2,000 people helped Substance Abuse and Mental Health Services Administration (SAMHSA) identify four key things that support a life in recovery: home, health, purpose, and community.

Disclaimer: The content in this document is adapted from the SAMHSA handbook *Decisions in Recovery: Treatment for Opioid Use Disorder*, which can be found online at [www.samhsa.gov](http://www.samhsa.gov).



#### HOME

It is important to have a place to live where you can feel safe and at ease and are not tempted to use. There are some housing resources specifically for people in recovery. You can find out about housing by contacting local recovery community centers, state or county housing agencies, and treatment providers.



#### HEALTH

Eating healthy meals and getting regular sleep help the body get back to normal. Many people find that exercise helps with mood and energy. Most areas have community programs, public health and recreation departments, and hospitals that offer wellness programs and health services.



#### PURPOSE

People find purpose in their lives in many ways. Some get a job they like or take care of a family. Others volunteer or connect with a faith community. Often, people try different things before they find out they have something to contribute. A good place to start is with the local recovery community.



#### COMMUNITY

People are drawn to others when they have something in common. Recovery communities are one way people can feel connected with others. Many people in recovery also find acceptance and support in the general community. For example, they may become members of faith groups, political parties, or sports teams, or they may become involved in music and the arts.

**Recovery is the beginning of many things, not just an end to using. People in recovery need the same things as anyone else. They need a home, health, purpose, and community.**

**Find more resources like this at [BraveAction.com](http://BraveAction.com).**