

The 5 Pillars of Recovery to Mental Wellness

by Jared Bendifallah

I hope that receiving this 5 Pillars of Recovery to Mental Wellness PDF will help you or a loved one. I have personally been in recovery since the summer of 2015 when I spent 4.5 months at a residential program in Colorado.

I have developed these 5 Pillars of Recovery to Mental Wellness by reflecting on what has helped me in the last eight years along my own recovery journey, and I believe that these 5 Pillars can help you or a loved one as well!

If you know somebody or another group/organization that would benefit from the 5 Pillars, please reach out to me and I would love to talk to you!

See pages 2-3 for the actual worksheet.

Contact Information

Jared Bendifallah

JBendifallah@gmail.com

The 5 Pillars of Recovery to Mental Wellness

by Jared Bendifallah

Pillar 1 - Basic Stability

This includes the following:

- Clinical support (psychiatrist and therapist)
- Non-clinical support (family, friends, life coach and/or mentor)
- Structure (something to do at least once a week)

What is one way you could expand your support system? _____

Types of structure include support groups, volunteering, going (back) to school, and working (internship, part-time, or full-time).

What kind of structure can you envision for your life today? _____

Pillar 2 - Having a Self-Care Plan

This includes the following:

- Having self-care tools to cultivate your mental and emotional well-being
- Having coping skills to use when in distress
- Having one non-negotiable self-care tool

The non-negotiable self-care tool should be something that provides you with a strong foundation and can help to keep you stable throughout your recovery journey. It should be something that feels good to do.

Examples of non-negotiable self-care tools include exercising 4-5 times a week and journaling every morning or evening.

What is your non-negotiable self-care tool? _____

Pillar 3 - Trusting the Process of Recovery

Take one small step at a time. Bad days and setbacks are inevitable and part of recovery; after a bad day or setback, pick yourself up and keep on going.

Write down this affirmation: _____

Recovery does not happen overnight. Embrace the journey. It is worth it!

The 5 Pillars of Recovery to Mental Wellness

by Jared Bendifallah

Pillar 4 - Finding your Community

Potential forms of community include Meetup groups and support groups.

You know you've found your community when you feel like you belong and you feel seen, heard, and supported.

Call to Action: Spend 5-10 minutes doing an internet search for a Meetup group or a support group in your area and commit to attending at least one group one time.

Pillar 5 - Expanded Self-Awareness and Intuition

This includes knowing your gifts and your talents, as well as your struggles and your challenges, and using the power of your intuition to guide you towards your deepest dreams and your soul's purpose.

Ways to become more self-aware:

1. Talk to family/friends/therapist/mentor for feedback
2. Take a personality test (i.e. the Myers Briggs test or Enneagram test)
3. Journal regularly

What is one way you can expand your self awareness this week? _____

Intuition - you can use your intuition:

1. To help you figure out what you want to do with your life
2. As an internal filter whenever you come across any information to decide whether you resonate with it or not

Conclusion

Questions to ask yourself:

1. Where am I along my recovery journey?
2. What next step do I need to take to move my life forward?

Recovery can be hard, but no matter what happens, don't give up hope. Use the 5 Pillars of Recovery and keep moving forward!

Recovery is possible, and hope is real!