



Five Recovery Quotes We Could All Use For Emotional Wellbeing

by Amanda Hazel

October 18 2020 7:02 AM

These are five recovery quotes we could all use for emotional wellbeing.

There are many sayings common to people in recovery. These sayings are not necessarily unique to recovery but they are often heard in the recovery community. Right now, our world feels a little more chaotic than usual to many people. Here are five popular recovery saying to help us get through today with a little more peace.

One day at a time.

In recovery, sobriety is encouraged to be achieved by living a sober life 24 hours at a time. Living life one day at a time can encourage us all to appreciate each 24 hours that is given to us. Things that overwhelm us in life can be a little easier to handle if we only focus on what we can do with the next 24 hours in front of us. This does not mean we should not make goals for ourselves; we absolutely should! Be grateful for this day that you have been given, be present in each day, and take time to think about what you can do today to help you get closer to your goals.

First things first.

This is all about priorities. People in recovery have to make recovery a daily priority. They must remember they cannot drink or use in any situation, at any time. Recovery must be a priority every moment of their lives. Take some time to think about what should be your daily priority. What are the things you need to be doing every single day to make sure you stay physically, mentally and spiritually healthy? Figure out those things, and keep it in focus every single day.

Keep it simple.

Do not overcomplicate things. Life is hard enough on its own; don't make it harder than it already is. People in recovery typically make sure they are working the steps and getting to recovery meetings as a way to make sure recovery stays a priority. Simple daily choices can allow you to be successful in other goals you have for yourself. Maybe you are looking to get healthier. Follow a simple workout plan and eat less processed foods. Perhaps you want to grow spiritually. Read, pray, meditate. What if things are difficult financially? Get help making a budget and stick to it. Whatever you are trying to accomplish, figure out steps to accomplish it and then set small goals to get it done. Remember, keep it simple and be consistent.

Easy does it.

Do not let worry and feeling overwhelmed control you. Feeling stressed out all of the time only leads to feeling more stressed. Give yourself some grace when things do not go as you planned. Be intentional about taking some time each day to relax and unwind. When things seem overwhelming, take a time out for yourself. Slow down. Every day presents itself with its own set of struggles. Do not let your thoughts get too far ahead worrying about what may happen. Focus on the day you have.

Let go and let God.

People working the steps of AA and NA are asked to find their Higher Power - a power that is greater than themselves. Finding a power greater than yourself to help you get through life reminds you that you do not have to do life on your own. Remind yourself that you cannot control the actions of others; you can only control your own personal reactions. Call on a power greater than yourself to help you accept the things you cannot change and gives you strength to begin to change the things you can.

If life still feels overwhelming, remember help is only a phone call away. Call 1-877-HOPE123 to find out more about recovery services available in your area.

Amanda Hazel, BS CADC, has been a counselor and case manager at Centerstone's Fellowship House campus since July 2014. Mandy works with patients in the outpatient, detox, residential and family programs and has also served as a preventionist.

About Centerstone:

Centerstone is a not-for-profit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute

provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.