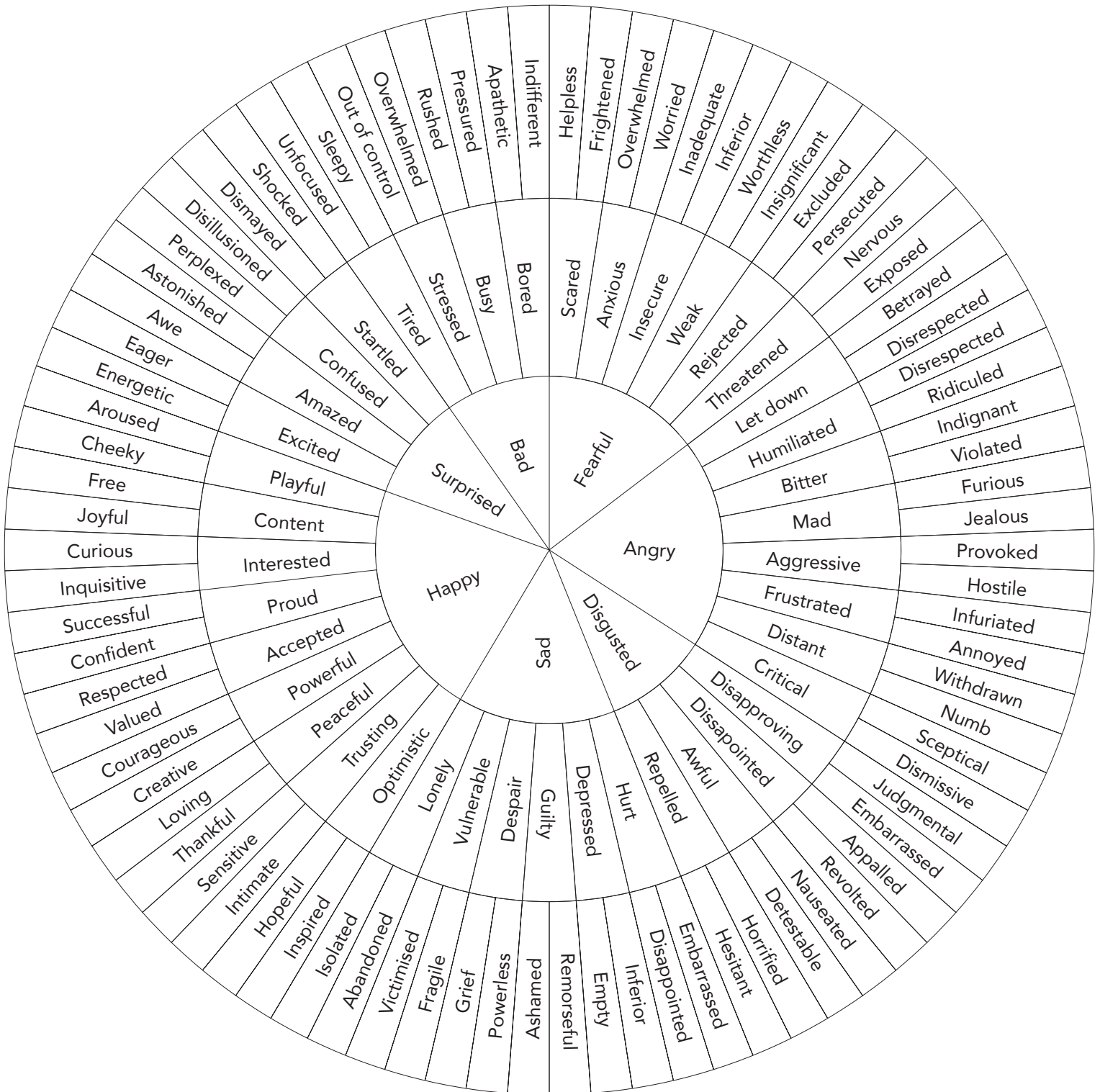


# The Feelings Wheel

Created by Dr. Gloria Wilcox



# Mental Health Recovery

Created by the:  
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
(The text has been revised for greater self-determination.)

*Mental health recovery is a journey of healing and transformation as we strive toward our full potential.*

## The 10 Fundamental Components of Recovery



**Self-Direction:** Lead, control and exercise your power of choice. Discover your path of recovery through autonomy and agency, and determine the resources that will support you to achieve a self-determined life. Define your life goals and design your unique path toward them!

**Individualized and Person-Centered:** There are multiple pathways to recovery based on your strengths and resiliencies; as well as your needs, preferences, experiences (including past trauma), and background.

**Empowerment:** Choose from a range of options. Discuss your needs, wants, desires, and aspirations! Gain control of your identity, destiny and influences and build your life.

**Holistic:** Recovery encompasses mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, and education. It also impacts spirituality, creativity, community participation, friendships and family relations.

**Non-Linear:** Recovery is not a step-by-step process. Instead, it is based on continual growth, occasional setbacks, and learning from experience. Recovery begins with awareness that positive change is possible and we learn even when we make mistakes. (Or *especially* when we make mistakes!)

**Strengths-Based:** Recovery “tools” include your resilience, talents, coping abilities, capacity and your inherent worth. YOU are important and valuable! By building on your strengths, you can engage in new roles, opportunities and trust-based relationships.

**Peer Support:** Sharing experiential knowledge, skills and social learning plays an invaluable role in recovery. People encourage each other and can feel a sense of belonging, support, value, and community.

**Respect:** Acceptance and appreciation are crucial to reinforce recovery. Self-acceptance, agency, and regaining belief in expanding your capacity and capabilities is particularly vital.

**Responsibility:** You know what works for you! Taking responsibility for your self-care strengthens your determination and agency. Progressing toward your goals may require great courage. Strive to understand and give meaning to your experiences as you identify coping strategies and healing processes. One day at a time, one moment at a time. Inch by inch. You can do it. (And *only you* can do it.)

**Hope:** Include essential and motivating messages of a better future in your day. Other people have been, and many are now, in the middle of difficult time. Hope can be fostered by friends, families, colleagues and even quotes from people who are no longer with us. Hope provides motivation to persevere!