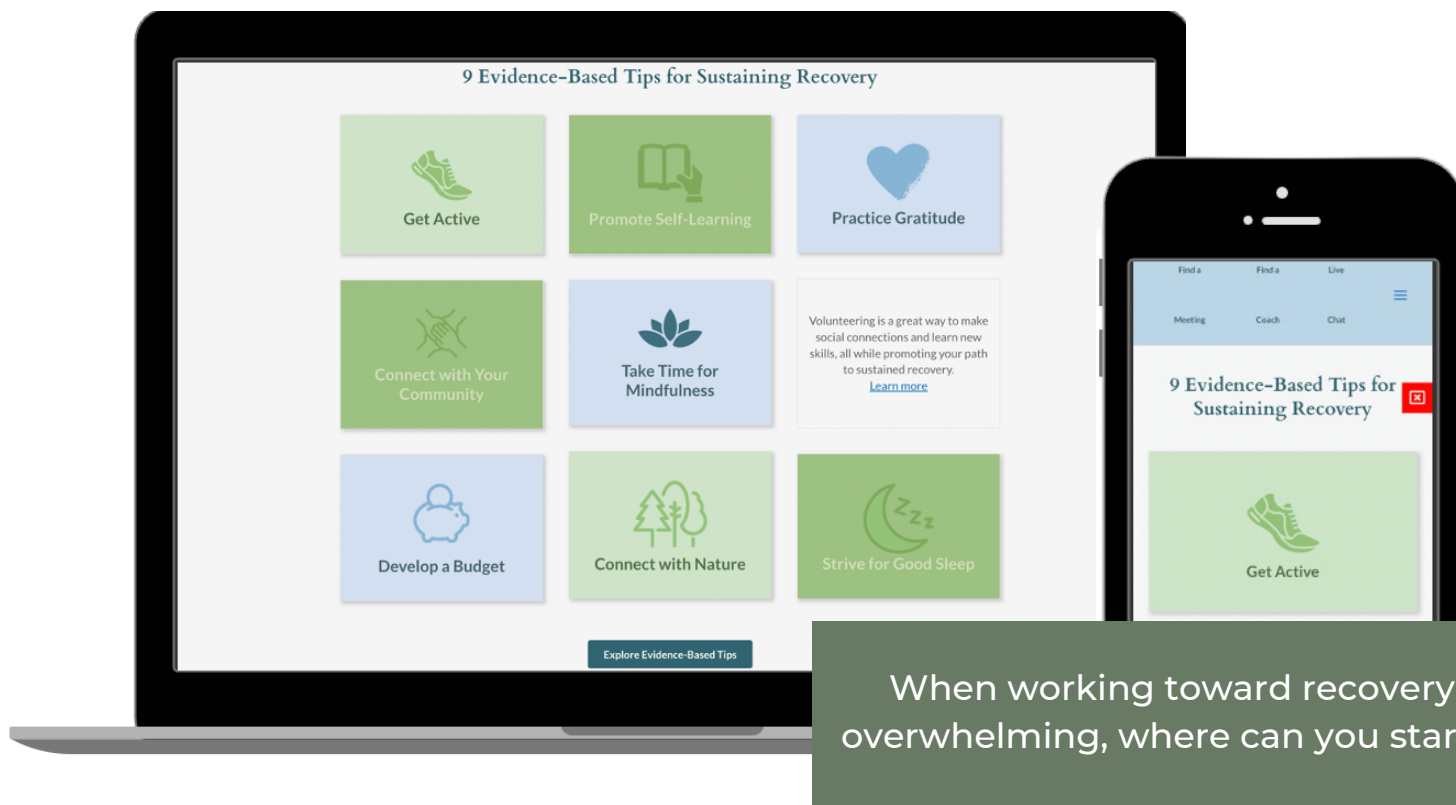


# NINE TIPS TO SUPPORT RECOVERY

Advancing Substance Use Recovery  
Public Science Collaborative  
Ames, Iowa



## Recovery is Possible; You Can Start Here

The Recovery Iowa website aims to create a space dedicated to providing hope, practical support, and easy-to-use resources for those seeking recovery. One key component of that message is the research-based *Nine Tips for Sustaining Recovery*. These nine tips are meant to make recovery not only a little easier but also more accessible. The design and content associated with these tips are intentionally centered around the needs of recoverees and the ability to start recovery at any time.

## Evidence-Based Activities

The tips are consistent with the SAMHSA *Eight Dimensions of Wellness* that collectively promote holistic well-being, including physical, intellectual, emotional, social, spiritual, vocational, financial, and environmental. Each tip gives the reader a brief science-based explanation of how the activity can support their recovery while providing additional resources.

## Practical Suggestions

For each of the nine tips, there are suggestions for different ways to participate in the activity. Additionally, there are links to relevant informational content such as videos, podcasts, TED Talks, and articles. The suggestions provide ideas and inspiration for website visitors to find their own way to implement the tips while also offering resources for where to learn more.

## Integrated Mindfulness

Each tip also includes relevant journaling prompts. Journaling is a reflective mindfulness activity that provides many benefits to recoverees. It is low-cost activity that requires a relatively small time commitment. Integrating journaling prompts into each tip encourages recoverees to look from multiple perspectives as they reflect on what they have learned and experienced on their recovery journey.

## Intuitive Functionality

The nine tips are integrated into the website's home page in an engaging flip card format, allowing website users to hover their cursor over each card to gain more information on the desired topic. The "Learn More" link on the back of each card allows website visitors to access a full page of tips and activities that promote recovery success.

Scan here to learn more! →

