Seven Keys to Better Mental Health
41 Recovery International Areas

Including Puerto Rico, Canada, Ireland & England
1980 - “Self-Help Groups: The Members’ Perspectives” American Journal of Community Psychology
1996 - “Recovery Inc. as an Adjunct Treatment in an Era of Managed Care,” Psychiatric Services
2000 – American Psychiatric Association, Arnold L. van Amerigen Award in Psychiatric Rehabilitation
2011 – Department of Psychiatry of University of Illinois at Chicago 72-page evaluation of Recovery International
#1 – Be Group-Minded

- We are all part of groups: family, work, clubs, school
- Act in best interest of the group
- Do not emphasize own self-interest
#2 – Humor is our Friend, Temper is our Enemy

- Look for humor in situations
- External environment can be irritating
- Refuse to let external irritations provoke
- Laugh things off
- Develop sense of humor
#3 – Don’t Take Yourself too Seriously

- Don’t be too self-focused
- Don’t be arrogant
- Don’t believe you have all the answers
- You don’t have to prove you are always right
- Don’t let your view of your own feelings get in the way of seeing things objectively
- Recognize that thoughts are beliefs that can be changed
#4 – Try, fail, try, fail, try, succeed!

- Knowledge teaches you *what* to do, but practice tells you *how* to do it
- Knowledge is good for planning, but practice is necessary for skill and mastery of behavior
- Practice is necessary to gain *muscle memory*
- It may take several attempts to get an action or behavior right
- It’s important to keep trying and practicing
#5 – Do things in Part Acts

- Most tasks are complex
- Even simple tasks can be broken down into small steps
- A step at a time, even large tasks become manageable
- Congratulate & Endorse yourself at each step
- It’s OK to be average—you don’t have to do everything at once
#6 – People do things *that* annoy us, not *to* annoy us

- The *action* may be bothersome, not the person
- React to the situation, not the individual
- They might not know their effect on you
- Laugh it off
#7 – We can’t change an event, but we can change our reaction to it

- If an event is disturbing, upsetting or alarming, we choose how to react to it
- We control our reaction to whatever situation we encounter
- If you can’t change your spouse or your co-worker, you will have to change your attitude toward them or the situation
1. Be group-minded
2. Humor is our friend, Temper our enemy
3. Don’t take yourself too seriously
4. Try, fail, try, fail, try, succeed!
5. Do things in part acts, Endorse the effort
6. People do things *that* annoy us, not *to* annoy us
7. We can’t change an event, but we can change our reaction to it
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80th Anniversary Year

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