



Recovery Card



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**Setback: You used marijuana yesterday.**

**Add two pieces to your cup.**

**FACT:** Marijuana (along with many other street drugs) prevents recovery from psychosis by harming the same part of the brain that is already ill. Certain drugs and alcohol can't be safely combined with medications – a doctor can tell you more.

**Positive Action: You got some exercise.**

**Take two pieces out of your cup.**

**FACT:** Exercise is good for you and your brain, and helps improve mood and circulation. **BONUS:** If you have done some exercise for at least 15 minutes in the last 2 days, take two more pieces out of your cup.

**Positive Action: You gave written consent to health care providers for a trusted person to receive verbal information about your health, medications and discharge planning. Remove 4 pieces from your cup.**

**FACT:** Your family or friends will have an easier time helping you if you become ill if they have access to some information about you.

**Positive Action: You've been sleeping well lately. Remove two pieces from your cup.**

**FACT:** Getting enough sleep is an important part of maintaining a healthy lifestyle that helps recovery.

**Positive Action: You started to go to a support group for people with Psychosis. Remove three pieces from your cup.**

**FACT:** Maintaining good social supports and having a supportive place to talk about what is going on helps keep your stress manageable, making recovery easier.

**Bonus:** if you attend a support group now, take another two pieces out of your cup.

**Positive action: You took a relaxation class.**

**Take three pieces out of your cup.**

**FACT:** Relaxation exercises reduce stress, helping your brain to heal and stay healthy.

**BONUS:** If you already know how to do progressive relaxation, take one more piece out of your cup. If another player knows where you can learn this skill, they may remove one piece out of everyone's cup

**Positive Action: You reconnected with a good friend you haven't seen for awhile and rented a movie to watch with them.**

**Take three pieces out of your cup.**

**FACT:** Having people who know and like you in your life can make you feel good and provide support. People sometimes want to help or reconnect, but don't know how.

**Positive Action: You were honest with your mental health care provider about your street drug use. Remove three pieces from your cup.**

**FACT:** Using street drugs is not good for anyone's brain, but is particularly dangerous for people with psychosis. Even if the person is not ready to quit, having all the information on other drugs you may be using can help your doctor avoid harmful conflicts between medications and street drugs.

**Setback: You haven't been sleeping well lately. Add two pieces to your cup.**

**FACT:** Getting enough sleep is an important part of maintaining a healthy lifestyle that helps recovery.

**Positive Action: You've been attending a support group for people with psychosis regularly for the last three months. Remove four pieces from your cup.**

**FACT:** Maintaining good social supports and having a supportive place to talk about what is going on helps keep your stress manageable, making recovery easier. **Bonus:** if you attend a support group now, take another two pieces out of your cup.

**Positive Action: You made a small concrete goal for yourself and achieved it.**

**Remove three pieces from your cup.**

**FACT:** Making and keeping small goals is an effective way to make progress over a longer term.

**Positive Action: You joined a social activity you enjoy. Remove two pieces from your cup.**

**FACT:** Participating in positive social activities can be part of a strategy for staying well. **Bonus:** Come up with one social activity you might enjoy and remove two more pieces.

**Positive Action: You noticed you were feeling stressed and slowed down to take care of yourself. Remove three pieces.**

**FACT:** Making sure your stress doesn't get out of hand is a very important part of getting and staying well.

**Positive Action: You spent 5 minutes today to breathe slowly and deeply. Remove one piece from your cup.**

**Bonus:** If you breathe slowly and deeply from now until your next turn, remove two more pieces from your cup. Anyone who joins you until their next turn can remove one piece as well.

**Positive Action: You continued taking your medication as prescribed even when you are feeling well. Remove 4 pieces from your cup.**

**FACT:** It is important to continue taking medications, even when you feel better, in order to prevent relapse. It is wise to change medication dosages or go off meds only with your doctor's approval.

**Positive Action: You got a part time job you enjoy. Remove two pieces from your cup.**

**FACT:** Participating in positive work-related activities can be part of a strategy for staying well.

**Positive Action: You've been getting regular medical checkups. Remove two pieces**

**FACT:** Getting regular checkups will help make sure you have the right medication and treatment you need to recover, stay well and avoid problems.

**Bonus:** if you've seen your doctor in the last month, remove an additional piece.

**Positive Action: You went with your family to speak with a school counsellor about your illness and make plans to go back to school.**

**Remove three pieces from your cup.**

**FACT:** Going to school or back to school is easier if the school is educated about psychosis and how that may affect your abilities. It also helps to have family support.

**Positive Action: You quit smoking with support from your doctor. Remove three pieces from your cup.**

**FACT:** Maintaining a healthy lifestyle is an important part of supporting your body and brain in being healthy. As well, your meds may have to be adjusted as your nicotine intake decreases.

**Bonus:** If you've never smoked or are now a non-smoker, take two more pieces from your cup.

**You started hearing voices and weren't sure if they were real. You asked someone in your family to help you verify if it was real or not.**

**Remove two pieces from your cup.**

**FACT:** Reality testing – asking someone you trust to help you identify hallucinations or delusions – is a useful strategy.

**Positive action: You set up a routine for yourself so that every morning you got some exercise and every afternoon you got out of the house. Remove three pieces from your cup. FACT:** Routines make it easier to make sure healthy activities happen, and reduce the number of decisions needed, making life simpler and less stressful for a recovering person.

**Positive Action: You reminded yourself that it's okay to go slow, and were patient with yourself for the time it takes to get back up to speed. Remove two piece from your cup. FACT:** Even when positive symptoms are under control, it takes awhile for the brain to heal. Being patient with yourself while you heal is doing yourself a big favour, and helping your recovery at the same time.

**You go play badminton with a friend. Remove two pieces from your cup. FACT:** Low-key, one-on-one activities with a friend are well suited for a person who is recovering from psychosis. Noisy or busy activities in crowds tend to be more difficult.

**Come up with ten things to do that you might enjoy doing in the next week with a friend or family member. If you get all ten, remove 4 pieces from your cup. If you get 5 remove 2 pieces. Fact:** Activities that you enjoy doing may change when recovering from psychosis. Having a list of things you might enjoy can help.

**You stopped taking your prescribed medication. Add 4 pieces to your cup. Fact:** Medication for psychosis should never be stopped without consulting with your doctor. Letting your doctor know about any side effects you are concerned about can help him or her adjust your meds to reduce them.

**Positive Action: You started keeping a diary of how you feel each day, to help keep track of symptoms and side effects. Remove two pieces from your cup. FACT:** Diaries are useful for seeing how far you have come, for figuring out what works, and for making note of things to tell your doctor or mental health provider.

**Over the last week you've noticed signs that you be heading to a relapse: not sleeping well, wanting to isolate yourself and having a hard time concentrating, difficulty talking to people. You make an appointment with your doctor. Remove four pieces from your cup.**

**You go out with a friend for coffee. Remove two pieces from your cup. FACT:** Low-key, one-on-one activities with a friend are well suited for a person who is recovering from psychosis. Noisy or busy activities in crowds tend to be more difficult.

**You attended a program for people with mental illness that helps you plan and write down what you would like to happen in case of relapse. Remove 4 pieces from your cup. Fact:** Planning while you are well what you would like to happen if you were to relapse, including who you would like informed, can be very helpful to everyone.

**You were getting frustrated with the side effects of your medications. You made an appointment with your doctor to discuss adjusting your medications. Remove 4 pieces from your cup. Fact:** Good for you for taking action on this! Side effects are the number one reason people go off their medications. Your doctor can help reduce and manage side effects. If you have trouble getting the help you need, bringing a trusted person to your appointment can help.

**You promised yourself you would go for a walk every day for a week. It's a week later and you kept your promise to yourself. Remove 2 pieces from your cup.**

**Fact:** Setting small goals and achieving them is a good way to gradually get back into activities you enjoy or do things you want or need to accomplish.

**You wanted more information about your illness. You went on the internet to [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) and looked for information. Remove two pieces from your cup.**

**You invited a trusted person to come with you to your appointment so that you have another set of ears to remember information. Remove two pieces from your cup.**

**You stopped taking your prescribed medication. Add 4 pieces to your cup.**

**Fact:** Medication for psychosis should never be stopped without consulting with your doctor. Letting your doctor know about any side effects you are concerned about can help him or her adjust your meds to reduce them.

**You used street drugs. Add two pieces to your cup.**

**Fact:** Street drugs interfere with your prescribed medication and put stress on the parts of your brain that are suffering from psychosis. Getting off street drugs can help the doctor reduce your side-effects. For help figuring out how to change your drug use, talk to your doctor.

**You sat down with your family or trusted friends and wrote down what you would like to have happen in case you have a relapse. You wrote down names of people your doctor can talk to about your treatment and recovery. You wrote down what topics the doctors can discuss with the people you selected and shared this with your doctor or clinician. Remove four pieces from your cup.**

**You wanted more information about your illness. You went on the internet to [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) and looked for information. Remove two pieces from your cup.**

**Positive Action: You continued taking your medication as prescribed even when you are feeling well. Remove 4 pieces from your cup.**

**FACT:** It is important to continue taking medications, even when you feel better, in order to prevent relapse. It is wise to change medication dosages or go off meds only with your doctor's approval.