

Maggie Newcomb's Quick Tips for Recovery and Lifelong Stability

1. Believe that recovery is possible, and that you deserve to have a life that you enjoy.
2. Take time to find a doctor who is right for you.
3. Be open to the idea of a treatment plan that may include medication.
4. Don't be afraid to ask family and friends for help, or to tell them how they can best help you.
5. Stick with your treatment plan and do not go off your medication. Give the meds enough time to fully work. Talk to your doctor if you want to try others.
6. Give yourself as much time as possible to recover.
7. Accept the responsibility of your illness, and commit fully to its treatment.
8. Know that you are not your illness. Your illness is something you treat.
9. Keep focusing on the kind of life you want to have, not what you don't have.
10. Find or develop a hobby or activity in your life that brings you joy and gives you something to live for (art, dancing, gardening, acting. Stand-up comedy, bungee-jumping, power-knitting, robot-building, whatever).
11. Incorporate alternative methods of treatment, like chiropractic and acupuncture.
12. Get creative with your treatment. Try music and journaling to get through the tough times.
13. Work at quieting your mind. Try meditating daily, and being grateful for your life.
14. Learn about nutrition and eat healthily. Consider incorporating some nutritional supplements into your diet, as appropriate.
15. Exercise regularly, even if it is just walking.
16. See your experience with mental illness as a journey and not a destination.
17. Don't give up. No matter how hard things get, *know* that they will get better.
18. Don't give up.
19. Did I mention not to give up?
20. I mean it, don't give up.