

# Stepping Stones



Visual guide for recovery

# Introduction

Recovery is a complex and very individual journey. On the road to recovery, you might find some people experiencing the same things as you are, and others walking on different paths. The goal of education about recovery is to provide information, suggestions, and prompts for reflection, not to tell people what to do.

This visual guide has come to life through the effort of four organizations, from four different countries. We worked together on a project funded by Erasmus+. People with lived experience were actively involved in the development of the guide, by sharing their own experiences and views about recovery.

Although coming from different countries, we all have some similar views on what recovery is and how it works. But we also saw that there are pieces missing in how education is used to help people in their recovery. When learning about recovery, some people will benefit from talking about it, while others will learn best by seeing it visualized. They learn better visually than by reading or talking. Some people will benefit from talking about their recovery, while others will learn best by seeing it visualized. They learn better visually than by reading or talking.

With that in mind the visual guide you are about to read was created. The guide contains twenty original illustrations created by an artist, based on the ideas and experiences of the team involved, including both users and professionals in mental health.

The illustrations are all related to different aspects of recovery and they are a result of the combined work of four focus groups within the four different countries. Each illustration has a short title and text that is meant to lead into the main meaning of it, as imagined by the authors.

This guide can be used by both professionals and clients to help themselves and others on their recovery journey. One way to use the guide is to use the pictures as a talking point in a group setting. For example, you could show the pictures to a group of people in recovery and ask them to share what the pictures mean to them. Another way to use the guide is to use the pictures in a one-on-one setting to help someone understand what recovery can look like for different people. The texts that accompany the pictures can be used to provide background information and to stimulate discussion about the pictures, or the pictures can be used separate from the texts.

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# Healing

While healing, we leave behind survival aids that don't serve us anymore and make space for growth.







# Harmonizing our resources

We conduct many of the elements  
that our recovery relies on.



# Changing perspective

Going through pain can reveal  
a larger perspective that  
we couldn't envision before.



# Humor as companion

Sometimes the best self-care is  
to invite humor  
and play in your journey.





# Social support

It takes a community  
to support someone  
towards recovery.



# Balancing

In life we constantly lean left or right.  
By keeping the focus in front of us  
we have a better chance  
to move forward.



# Medication and therapy

Medication can relieve your symptoms,  
therapy can create lasting change.  
Find what suits you from each and  
make them your allies.





# Learning about yourself

Continuous learning brings valuable insights and resources to launch you forward, while intuition can be your compass in this journey.



# Mind-body awareness

Sometimes we need to remind ourselves  
that our body and mind  
are partners in life.



# Finding your groove

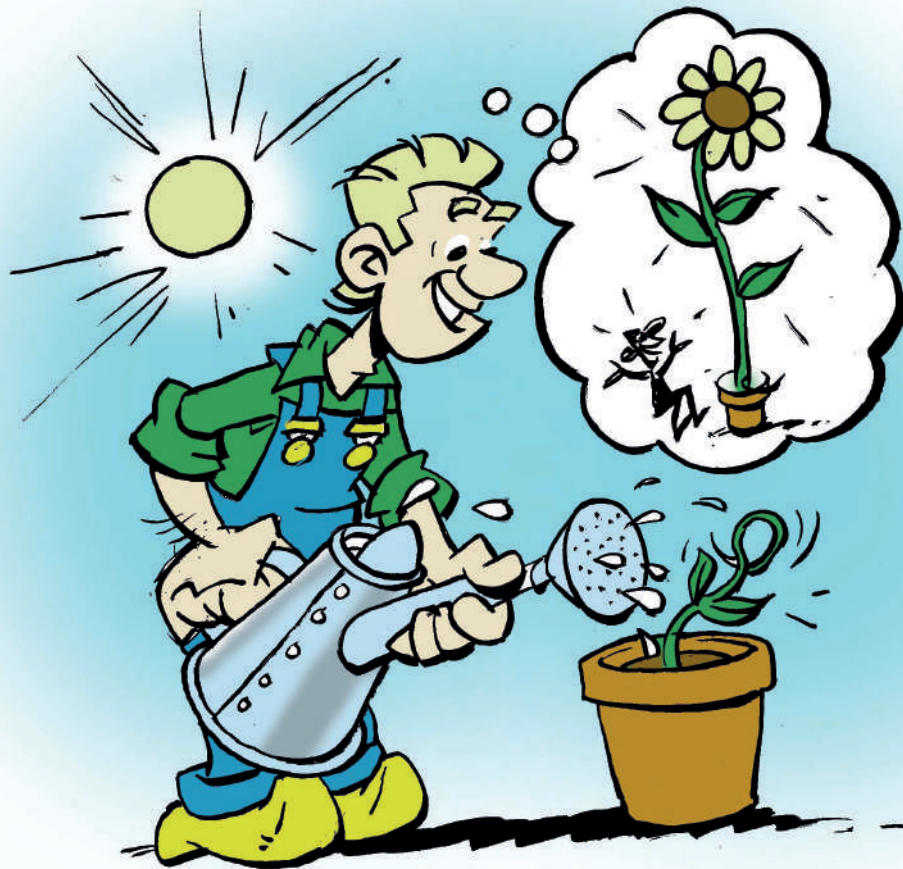
Any form of movement  
is a step in your recovery.





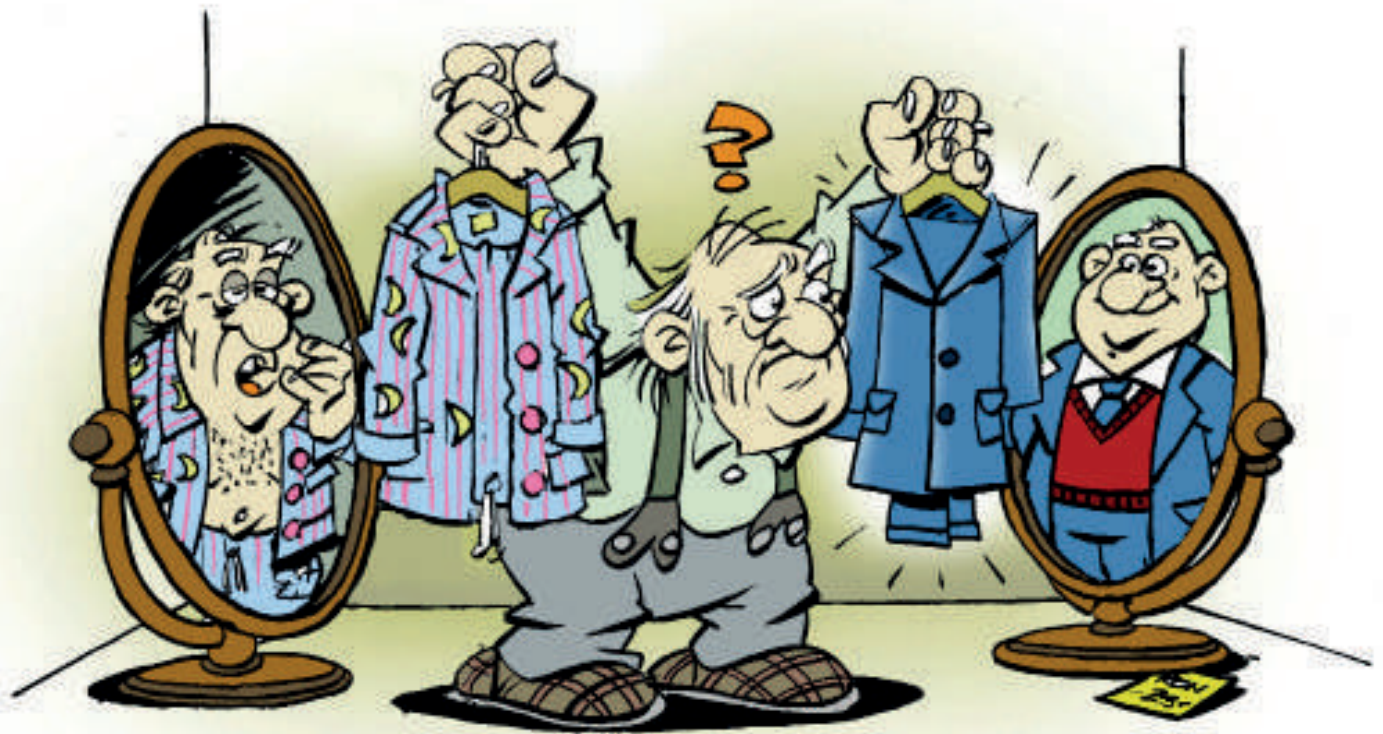
# Combining skills and tools

With recovery comes the blending  
(mesh up) from the skills and tools  
we have/need that we can collect/find  
everywhere around us



# Hope

To have a future, it is necessary  
to imagine it and to cultivate it.  
This requires patience.



# Responsibility

How would taking responsibility  
for your choices look like today?





# Dealing with difficulties

If we are well-grounded, we can reinvent ourselves in times of hardship, through courage, adaptability and resilience.



# Power of choice

In the recovery process you will be faced with choices and it will be up to you to find your right way, thus creating your own path.



# Stepping stones

There are multiple paths to recovery.  
Tailor your own based on your needs  
and possibilities.





# Non-linear journey

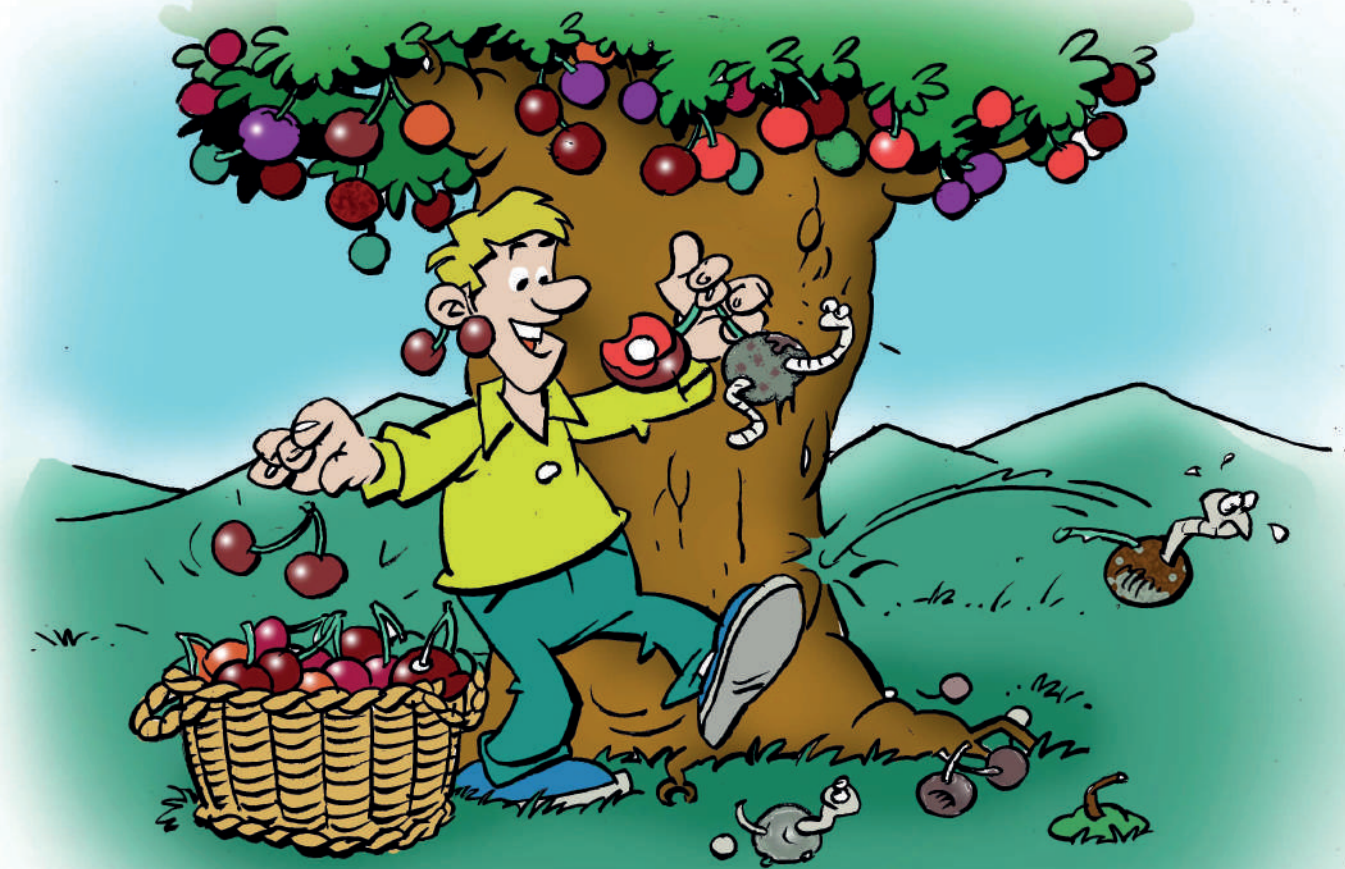
On the road to recovery you can go  
through highs and lows  
and still be on your track.



# You are as you are

Each part of your self resulted naturally from your complex life experiences.

Accepting that you are exactly how you should be, allows you to flourish from there.



# Dare to experiment

The only way of knowing if something works for you is to try it.  
Experiment in safe conditions with what life offers.







# Rays of joy

The heart also needs weekends. Even in difficult times give yourself the chance to experience joy.

This material was created in the project Stepping Stones by the following organizations:

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