

OneStepHope Resource

8 GREAT REASONS TO START A HEALING JOURNEY TODAY



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Early action to get help - whether around anxiety, depression, substance use disorders, or something that you haven't identified - is important. Full clarity of what is wrong, or the severity of the challenge, isn't necessary to start the process. There are both scientific and practical reasons to start a wellness or recovery journey as soon as possible.

Here are eight great reasons to start today:

- **Amazing community awaits.** Are you feeling lonely? Some of the best, most authentic, most life-giving conversations take place in mental health and recovery support rooms. In these spaces, you have full permission to be you, to share about what's really happening in your life, and to be accepted as you are. You'll likely find people from a range of professions, backgrounds, and experiences, regardless of what community-based recovery tools you find. It's a powerful thing to be with others intentionally working on themselves and their lives.
- **A life of wellness, connection, purpose, and meaning is possible for you.** It may not seem likely today, but you can still build a thriving life. Recovery often involves work and intention, but the connection, joy, and peace found in the process is worth it. There are millions of people who have rediscovered joy and passion through wellness, sobriety, or recovery journeys - and you can start today.
- **There are more forms of help than you probably realize.** You can start with support that fits into your life now. A counselor or therapist, online or in-person, can help you understand if additional care is needed. If you're needing to change your relationship with drugs or alcohol, you can start by finding a support group in your community today. Check out the Addiction Treatment Needs Assessment to see if treatment is needed. Getting help may not need to look like long-term inpatient care, especially if you start your journey sooner.
- **Delaying recovery can strengthen and deepen the addictive patterns.** Substance use disorders are brain conditions that shift one's thought patterns. Continuing use or compulsive behaviors can make the recovery process more difficult because the neural pathways of the brain are more deeply impacted. Starting your journey around mental or behavioral health sooner can benefit your recovery process. Putting off care may mean that you need a deeper and longer form of treatment and support than if you started recovery sooner.



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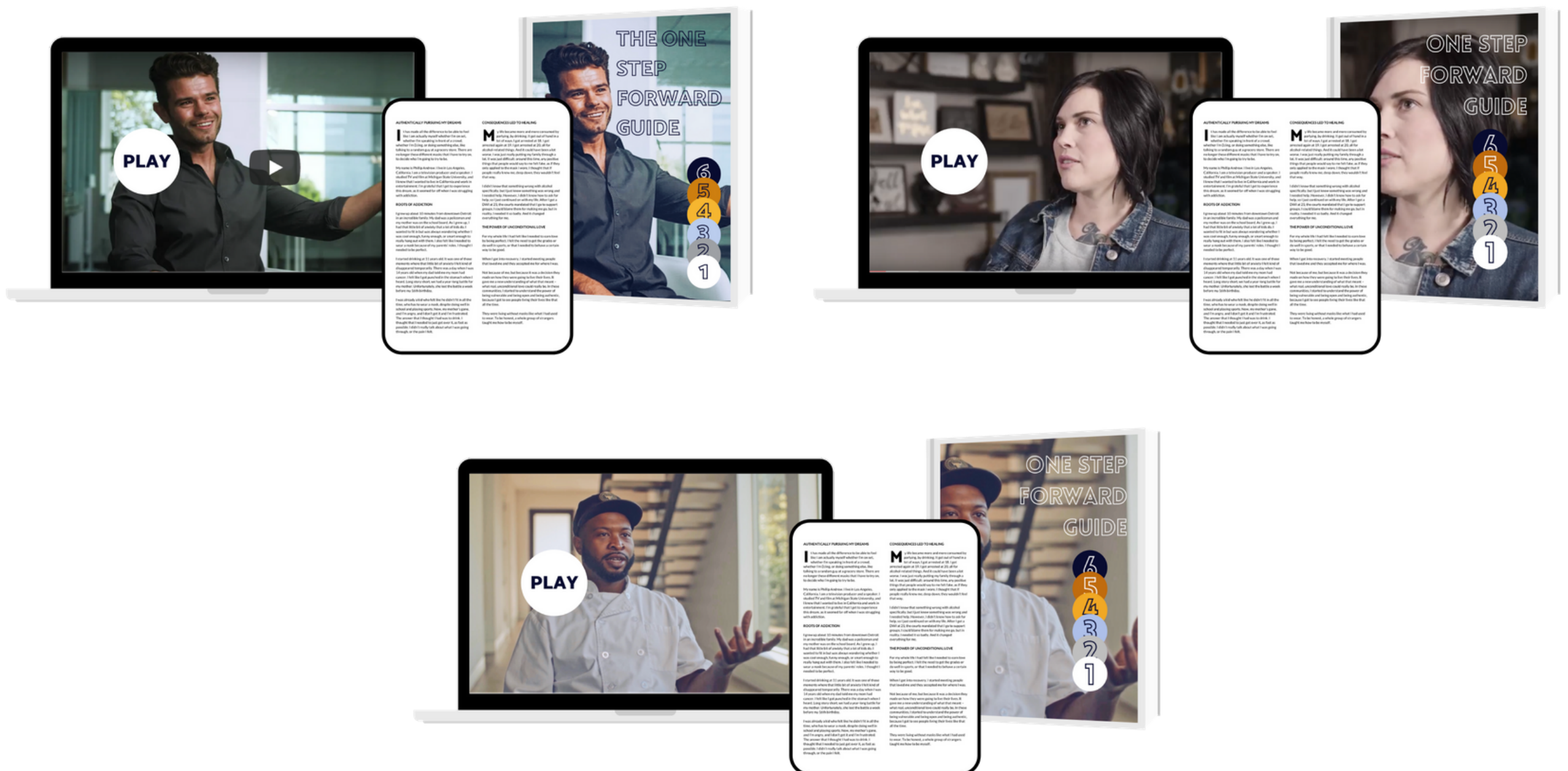
- **Take action and prevent more serious consequences.** Deepening experiences of substance use disorder or mental health challenges can have practical costs for our health, our relationships, our careers, our finances, and other areas of life. All-too-often, people wait to get help until faced with negative ramifications of these challenges - a broken relationship, an injury or accident, an embarrassing family moment, a threat to one's livelihood. Starting your wellness journey now can save you a whole bunch of pain and money. Don't wait for a more severe or difficult situation - start or continue your journey today.
- **You're not the only one.** While no one has the exact same life experiences as you, there are many others who have walked through or currently working through a range of difficulties: trauma, isolation, shame, abuse, an inability to make the decisions one wants, depression, anxiety, personality disorder, struggles in romantic relationships. Many of us in recovery have faced these challenges, and others as well. Many of us have also dealt with regret over decisions we've made that have hurt ourselves or others. There is love and grace waiting to meet you in places of pain. You're not alone.
- **Rediscover what you love doing.** Believe it or not, substances or compulsive behaviors are not required to have outlets of joy, passion, and meaning. Take it from us in recovery: it's common to think that starting a wellness journey may cost us joy or what we love, or that we'll be less productive or creative if we get help or get sober. Many people have discovered those fears to be unfounded: recovery actually provides a foundation for greater connection, family relationships, productivity, creativity, and more. The process might require you to change your priorities or how and what you engage with in life, but in time you can find even greater experiences of satisfaction, joy, and meaning. Consequences of substance abuse will arrive eventually; you can save yourself significant pain by reaching out for help earlier. The life-giving activities you love or dream about are more possible without substances interfering.
- **Life is too short to put it off.** Recovery is an opportunity to rediscover life, be it stronger family relationships, a greater sense of purpose and meaning, the ability to pursue dreams and passions, or simply more joy and peace. The reality is that each of us have limited time.



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Continue Your Journey

Start your journey today. Tell a trusted friend or family member, and use our Get Help Now page to find resources for your journey. Everyone needs assistance in their lives at some point. There is no shame in seeking support. Asking for help is a sign of strength, not weakness. Get educated about options, but take a small step forward today. You're worth it.



Thank you for learning more about recovery with OneStepHope. Know someone needing support?

GET HELP NOW

Questions for us?
Email contact@onestep.life