

Wellness Wheel of Recovery + Cornerstones



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8 Primary Dimensions as defined by SAMHSA –

Substance Abuse & Mental Health Services Administration: www.samhsa.gov

1. **Emotional:** *Ability to cope effectively with life and build satisfying relationships with others*
 - **CeDAR focus:** Non-chemical coping skills, nurturing healthy relationships, trauma and stress management, effective communication, implementing and maintaining boundaries, identifying & allowing emotions
2. **Environmental:** *Occupying pleasant, stimulating environments that support well-being*
 - **CeDAR Focus:** Steering clear of risky environments, being in nature, creating safe and stimulating spaces for yourself, tending to the spaces you occupy
3. **Financial:** *Satisfaction with current and future financial situations*
 - **CeDAR Focus:** Budgeting, balance between paying bills, saving & spending, managing debt, financial amends, paying legal fees & fines, assessing want vs. need
4. **Intellectual:** *Recognizing creative abilities and finding ways to expand knowledge and skills*
 - **CeDAR Focus:** Spending time in a meaningful & enjoyable way, willingness to continue learning, healthy creative & recreational outlet, willingness to try to new things
5. **Occupational:** *Personal satisfaction and enrichment from one's work*
 - **CeDAR Focus:** Life/work balance, informing appropriate employers and co-workers of recovery status, finding a work culture that supports your recovery, planning for holiday parties, happy hours, business deals and/or traveling
6. **Physical:** *Recognizing the need for physical activity, healthy eating, and sleep*
 - **CeDAR Focus:** Exercise, nutrition, hydration, informing providers of recovery status, sleep hygiene, stress management, preventative care including medical and dental
7. **Social:** *Developing a sense of connection, belonging and a well-developed support system*
 - **CeDAR Focus:** Peer support, citizenship, engaging in a variety of communities, maintaining communication with family and friends, socialization through activities
8. **Spiritual:** *Expanding a sense of purpose and meaning in life*
 - **CeDAR Focus:** Identifying & aligning core values, findings ways to connect through practices such as prayer, meditation, journaling etc., appealing to your higher self, being open to developing a relationship with a personally defined Higher Power

CORNERSTONES:

1. **Peer Recovery:**
 - **CeDAR Focus:** Engaging in a variety of mutual aid groups, building and maintaining peer support, sharing your experiences, connecting to the larger recovery community
2. **Sponsor/Mentor/Wise Friends/recovery coach:**
 - **CeDAR Focus:** Willingness and follow-through with finding a sponsor/mentor/wise friend, engaging in the program with sponsor/mentor/wise friend, reaching out for support and guidance, working with others to help guide them in their own journey



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