

A moment for forgiveness

For those days that feel difficult.

Orri

Recovery isn't a linear process; there will be ups and downs as normal life challenges arise and we take steps to overcome and build resilience against them for the future.

Take a moment to forgive yourself for the ups and downs of your process and know that each step (backwards or forwards) is an opportunity for growth.

To aid with your coming to a place of forgiveness, we have some reminders to support you in getting your recovery back on track.

- Plan what you are going to eat
- Include consistent and regular meals and snacks
- Make time for rest
- Consider your sleeping and waking times
- Make space for quiet
- Be mindful of tricky situations if they are triggering (don't feel you always need to test yourself)
- Think about your coping strategies
- Consider your support network
- Do something that brings you joy and honour your self-care
- Keep it simple!

“The weak can never forgive.
Forgiveness is the attribute of the
strong.”

- Mahatma Gandhi



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