Here are some people’s experience of recovery:

“Every problem and every hiccup was necessary for me to arrive at where I am today. The experience was required to give me the tools and knowledge to keep going.”

“I find it helpful not to measure my recovery by where I’m trying to get to because I always feel I fall short. But if I look at that in terms of where I’ve come from, then that’s a more helpful frame to measure things.”

“I’ve taken ownership of my illness and I take responsibility for what I do and do not do. I don’t let it control me. And it is an ‘it’. It’s not the whole of my life it’s just part of my life now.”

“I try to utilise and enjoy the times when I’m well and try and avoid and minimise the times of being low through some self-management - self management in terms of being aware of my illness, being aware of my trends, to being aware of triggers.”

“You can’t recover if you’re not actually aware of what’s going on and how you feel. So that awareness then enables me to have a choice and take responsibility.”


Psychosis and Recovery

Psychological Views on Psychosis:

a leaflet for anyone with psychosis or who knows of somebody with psychosis

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One of a series of leaflets about psychosis written by psychologists for service-users, carers and professionals within NHS Lothian

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It is important to remember that people do improve and recover from psychosis, but recovery can have different meanings for different people.

“Recovery is about living well in the presence or absence of symptoms”
(Scottish Recovery Network, Raising Expectations & Sharing Ideas)

Recovery is not a straightforward process - sometimes there may be setbacks and at other times things may improve faster than you had expected. After any illness or major life event, it is important to think about what could help you to stay well and lead a satisfying life. Since everyone’s experiences of illness are so individual, you are the best person to know what will help you to put the process of recovery in motion.

Key messages about recovery:
- People can and do recover from even the most severe mental health problems and mental illnesses.
- Recovery is best described as a journey, which may have ups and downs – it is not an end point.
- No two people’s recovery will be the same - people need different things to help them recover.
- People need understanding and support from others to recover and stay well.

Two key questions:
- What does recovery mean for you at this point in time?
- How could you take an active role in your recovery?

Some suggestions for helping you to recover:
- Gain information about the problems that you have had.
- Consider what may have initially contributed to your illness, such as stress.
- Minimise unnecessary stress in your life.
- Use effective ways of coping with stress such as exercise and relaxation.
- Talk to people about your experiences of illness and hear about others’ experiences.
- Identify what helps you stay positive, such as keeping active, socialising and helping other people.
- Consider what is important to you in your life, such as friends and family, or spirituality.
- Consider what gives purpose to your life, such as a job or voluntary work.
- Make a plan of realistic goals, hopes and aspirations for the future.