



RECOVERY IS POSSIBLE

Recovery is the process of learning to live, love, and trust again following adversity. It involves gradually rebuilding a sense of safety, connection, and self-awareness after experiences that disrupt one's emotional or psychological stability.

When stress or pain exceeds a person's capacity to cope, it can result in trauma—an event or series of events that alter how individuals think, feel, and relate to others. Trauma may arise from various circumstances, including relocation, exposure to violence, loss, or growing up in environments affected by substance misuse.

Recovery is not a uniform experience. It often involves developing adaptive coping strategies—such as engaging in therapy, mindfulness, reflective writing, or supportive social networks. Ultimately, recovery is less about eliminating the effects of the past and more about cultivating resilience, balance, and a renewed sense of self in the present.

Follow for more resources!

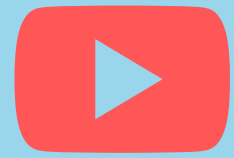
"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

@freeyourfeelsga



RESOURCES

Click the logos to visit each resource



Click the YouTube logo for a guided meditation. This account provides guided coping exercises such as deep breathing, grounding, and progressive muscle relaxation. These exercises can be a part of your recovery journey.



Click the VOX logo to read a Georgia teen's relationship with recovery.



988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies. Click the graphic above for the 988 website.

ACTIVITY

JOURNAL PROMPT

“Recovery is deeply unique. It is deeply personal.”...“Recovery is the journey of defining who you are”. —Alexia Jones in [Hope Givers, Season 2](#)

It can be healing to have a space where you can write honestly, just for yourself. Recovery deserves respect, not silence. Everyone’s healing story matters.

Give yourself a quiet space to reflect:

- What does recovery look like for me right now?

- Who or what helps me stay grounded on hard days?

BRAVERY IN RECOVERY

Being in recovery takes courage. It means facing what’s hard instead of running from it and showing up for yourself even on the days it feels impossible. Whether you’re recovering from loss, trauma, addiction, or any experience that’s changed you, every step forward is an act of bravery.

Bravery also means being willing to listen to the emotions we often avoid—like shame. When we acknowledge shame instead of hiding from it, we create space for healing, empathy, and growth.



Click the TED Talk logo to hear author Brené Brown discuss how understanding shame can help us live with greater courage and connection.