# How to Achieve Overall Wellness and Find a Healthy Life Balance

Emotional well-being stems from healthy, balanced living. For those who suffer from mental health and substance use disorders, the most successful treatments are holistic—they foster wellness in all aspects of the patient's life.

# Mental Health and Substance Use Addiction Facts and Statistics

People with a mental illness often struggle with substance use. Treating both is essential a successful recovery.

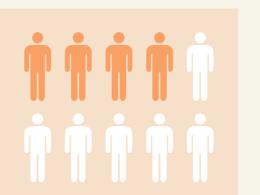


# **7.9 MILLION PEOPLE**

have both—known as **co-occurring** disorders.

of adults age 26 to 49 have co-occurring disorders.

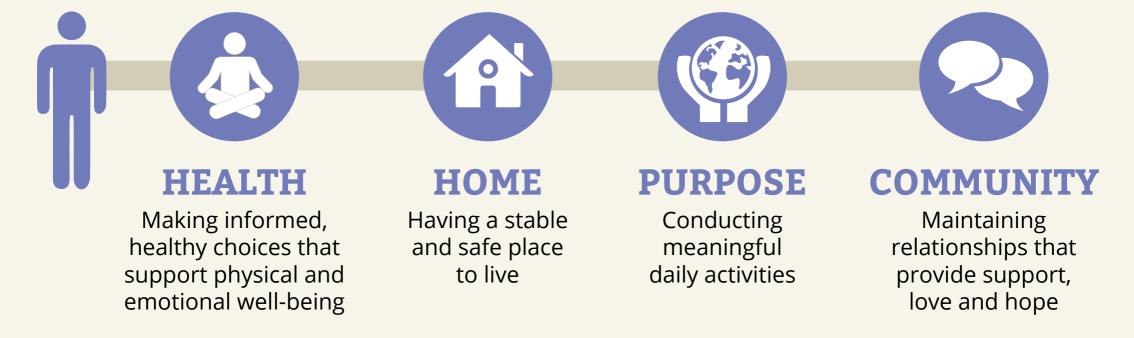
42.7%



Those diagnosed with mood or anxiety disorders are imes

more likely to have a substance use disorder.

**Elements of a Successful Recovery** 



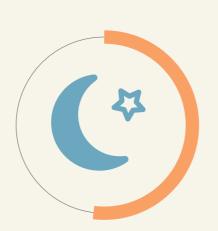
## Mind: Supporting Mental Health

Self-care plays a critical role in treating both mental illness and substance use disorders. Experts recommend the following practices for cultivating a healthy mind.

# **Reduce Stress**



63% of people experience psychological symptoms of stress.



of young adults say stress keeps them awake at night.



of Americans use eating to manage stress.



13% relieve stress by drinking alcohol.

# **Get Enough Sleep**



An extra 60 to 90 minutes of sleep each night would make most Americans happier, healthier and safer.

People with insomnia have a 10 times higher risk of developing depression.

#### Sleep problems precede:

of anxiety disorders

**59**%

of depression disorders



# **Help Others**

Performing **5** acts of kindness per day increases happiness.

96% 78%

of volunteers say helping others enriches their sense of purpose.

say charitable acts lower their stress levels.

Adults who volunteer at

**100** HOURS

per year report lower levels of depression.

Meditate



of insomniacs who meditate can fall asleep within 20 minutes of going to bed.



### Studies have shown meditation decreases:

Anxiety

Depression 🚽 Insomnia

Addictive behaviors

# Body: Cornerstones of Wellness

Physical health provides a solid foundation for nurturing your mental and emotional well-being. Recovery starts with strengthening the four pillars of physical wellness.





#### RELAX

Meditation, recreation, prayer, etc.

7-9 hours a night

# Lifeline Connections: Achieving Balance

At Lifeline Connections, we take a holistic approach to treating mental health and substance use addiction. We nurture the whole person with:



# **GROUP THERAPY**

### Our patients participate in group sessions that:

- Remind them they're not alone.
- Facilitate giving and receiving support.
- Help them find their voice.
- Help them relate to others in healthier ways.
- Provide a safety net.



# **EXERCISE CLASSES**

#### Inpatient residents have access to:

- Yoga
- Exercise classes
- Workout space
- Local community center



# **RECOVERY COACH**

#### Many of our patients work with a recovery coach who:

- Helps them understand their needs.
- Helps them stay motivated.
- Has been nationally proven to support success.



www.lifelineconnections.org

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#### Infographic designed by Mad Fish Digital

Sources: drugabuse.gov, samhsa.gov, msw.usc.edu, psychcentral.com, huffingtonpost.com, mentalhealthamerica.net, usatoday.com, sleepfoundation.org, apa.org, health.harvard.edu, chopra.com, anandapaloalto.org, healthyeating.sfgate.com, medicaldaily.com, 24hourfitness.com