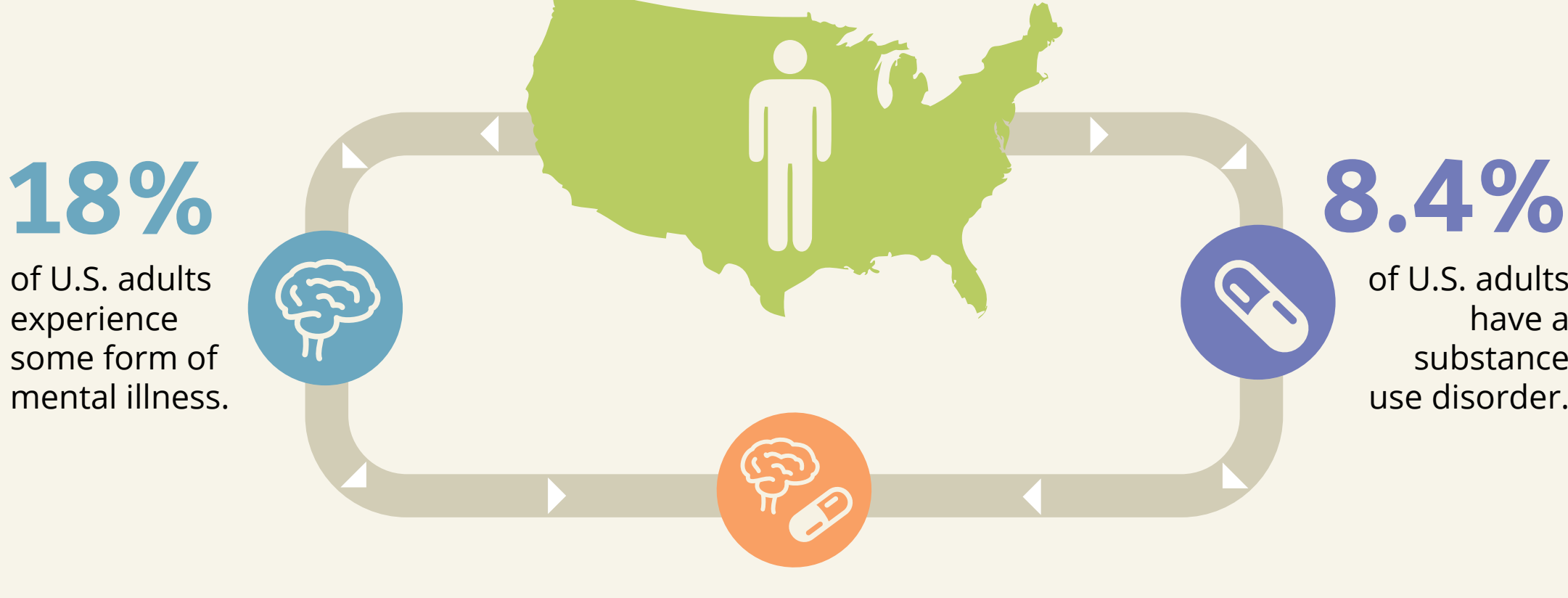


How to Achieve Overall Wellness and Find a Healthy Life Balance

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.



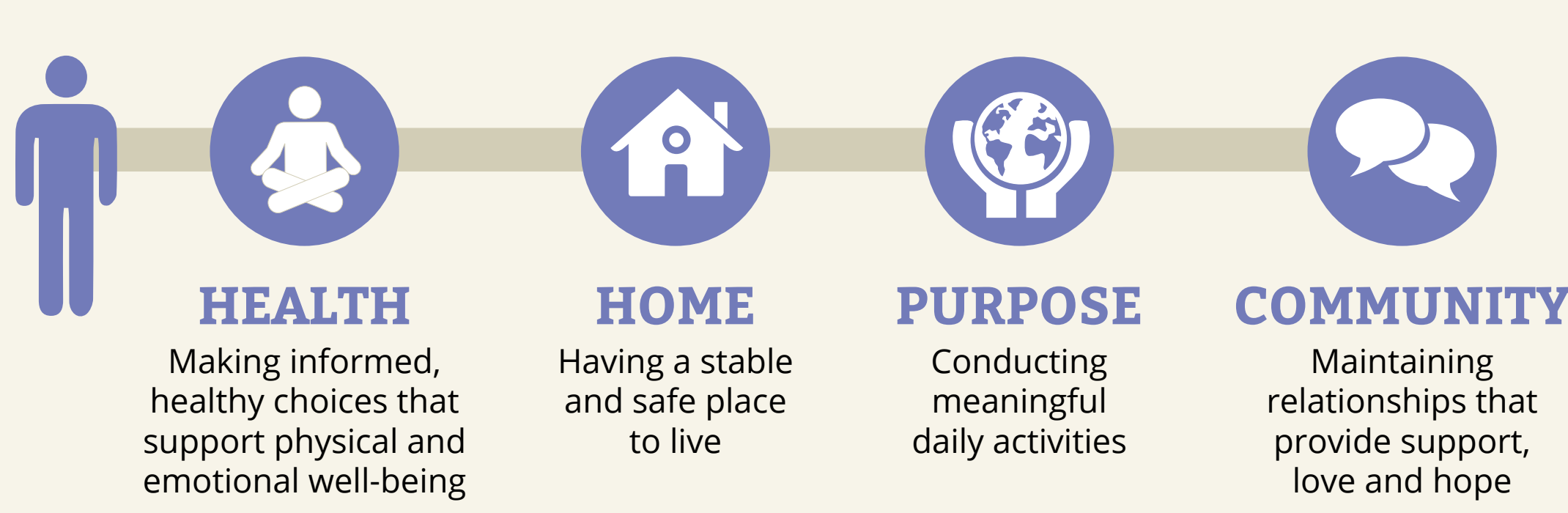
42.7% of adults age **26 to 29** have co-occurring disorders.



Those diagnosed with mood or anxiety disorders are **2 times** more likely to have a substance use disorder.



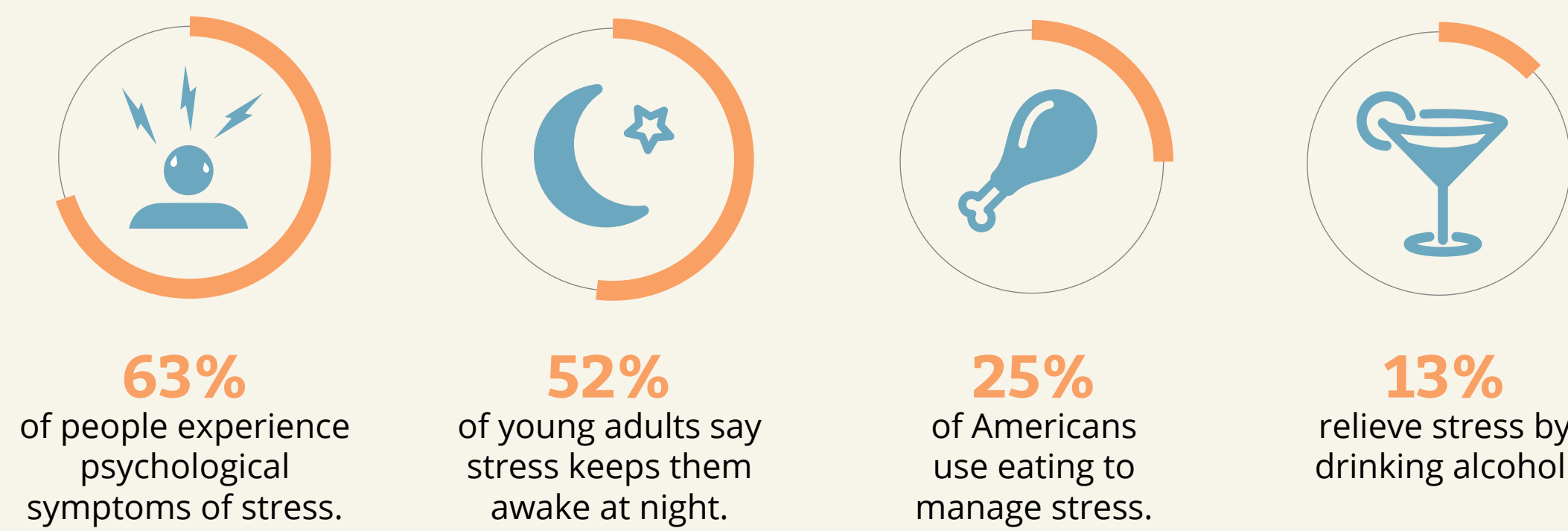
Elements of a Successful Recovery



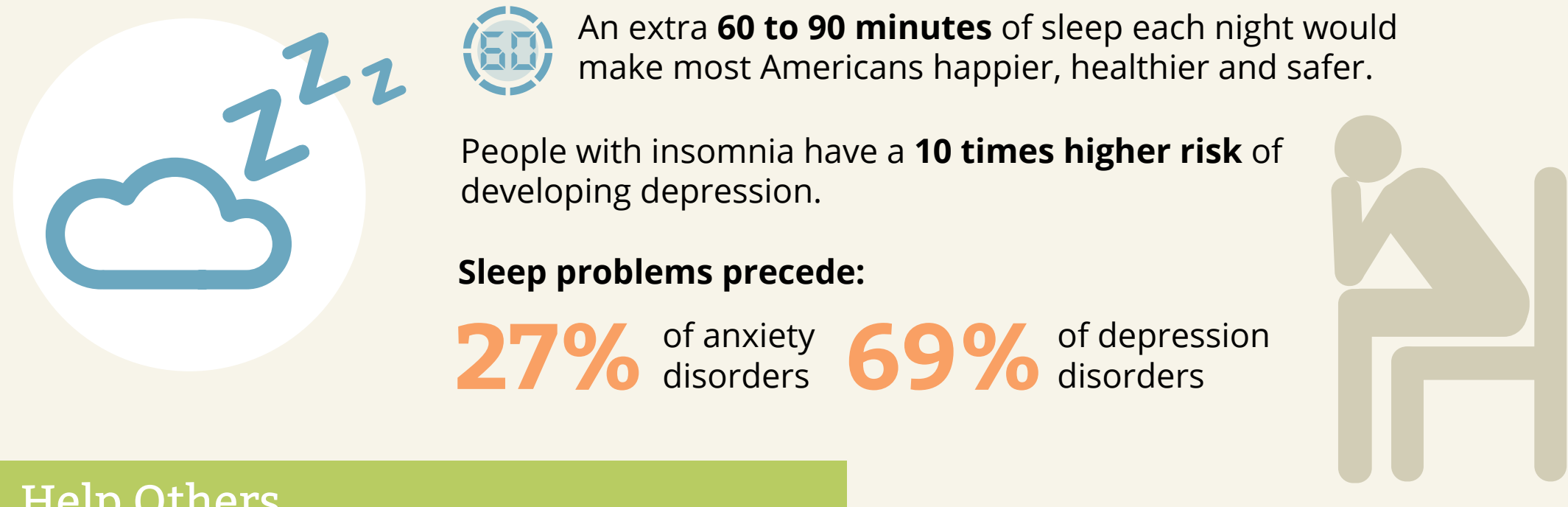
Mind: Supporting Mental Health

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



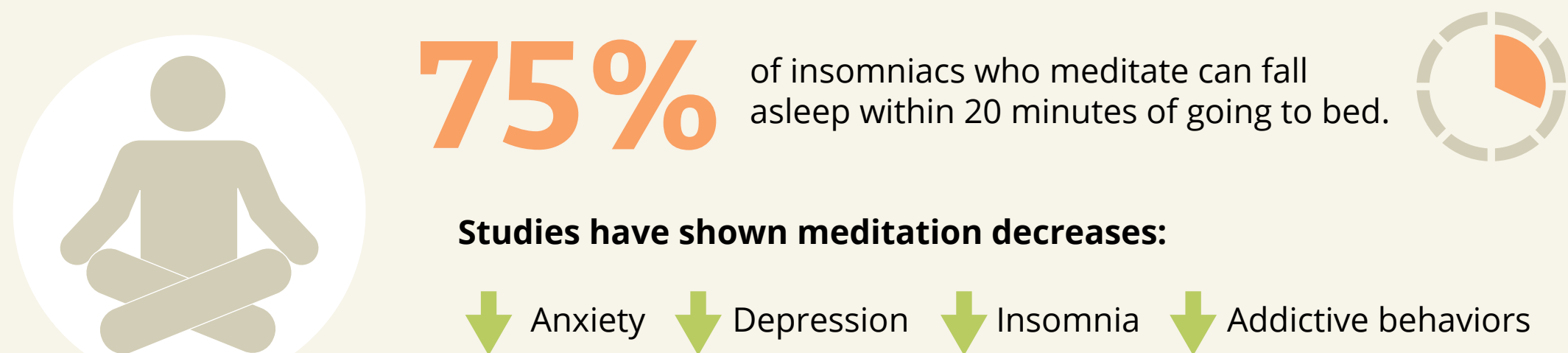
Get Enough Sleep



Help Others



Meditate



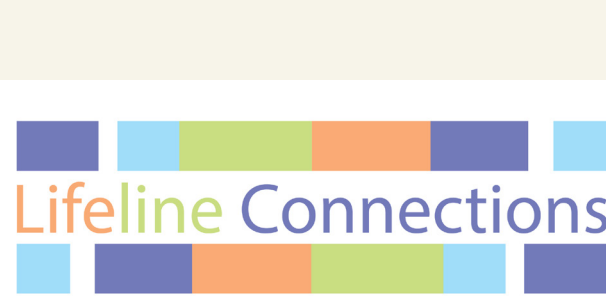
Body: Cornerstones of Wellness

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



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:



www.lifelineconnections.org