

Hope: The Road to Recovery

One of the readings of week 7 piqued my interest as it was an article about the importance of hope and compassion in mental health recovery. Recovery means different things to different people and several definitions have been proposed for recovery in the context of mental health. At the most basic level, it has been defined as a positive shift in one's attitudes, feelings, values, and goals that allows a person to lead a hopeful and satisfactory life. Some authors give a more comprehensive definition to the process of recovery, describing it as a unique personal experience that varies with individuals in their journey to well-being (Bland & Tullgren, 2014).

Bland and Tullgren (2014) describe the process of recovery as a 'lived experience' that every patient goes through in their journey towards well-being. It is a unique experience for every patient that is based on several aspects such as fulfilling relationships, meaningful career, and a sense of achievement in life. It is not the end; rather it's a process of leading an enriching life by taking better decisions and making a conscious effort to turn negative situations around. The path to recovery may not lead to a complete cure, but it can definitely help patients learn to make the best of their mental and emotional condition, and achieve their goals in life.

There are several dimensions in the framework of recovery which include redefining self, renewing hope and commitment, getting involved in meaningful activities, assuming control, and becoming empowered. Many mental health conditions are for life and they may never completely go away. However, it is important for social workers and healthcare practitioners in the field of mental health to work with patients on their journey to recovery (Spandler & Stickley, 2011). It may often be important to reassure people and keep them motivated even when they are feeling low so that they are cushioned by meaningful relationships that help them spring back into hope and determination.

References

- Bland, R., & Tullgren, A. (2014). Recovery Theory and Practice. In A. P. Francis (Ed.), *Social Work in Mental Health Contexts and Theories for Practice* (pp. 110-125). New Delhi: SAGE Publications.
- Spandler, H., & Stickley, T. (2011). No hope without compassion: The importance of compassion in recovery-focused mental health services. *Journal of Mental Health, 20*(6), 555-566.
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