



BeyondEAP

Specialist employee support
for life's toughest challenges

Recovery Map:

In order for us to develop, heal, grow and evolve, we need to build these areas of ourselves.

'It' Physical body

- Sleep hygiene/management
- Lifestyle
- Nutrition
- Gut health
- Supplements
- Exercise
- Breathing practices

'I' Internal process

- Support - therapist
- Core values
- Knowledge - i.e. 'emotional health'
- Change beliefs/habits/rituals
- Find meaning and purpose
- New practices
- Resilience
- Self-care
- Self-discovery

'Its' Environment

- Home
- Housing
- Financial
- Career
- Organise life

'We' Shared meaning

- Belonging
- Community
- Relationships - ditch or develop
- Support
- Join organisations
- Find where you belong