




# The Power of Personal Medicine in Recovery

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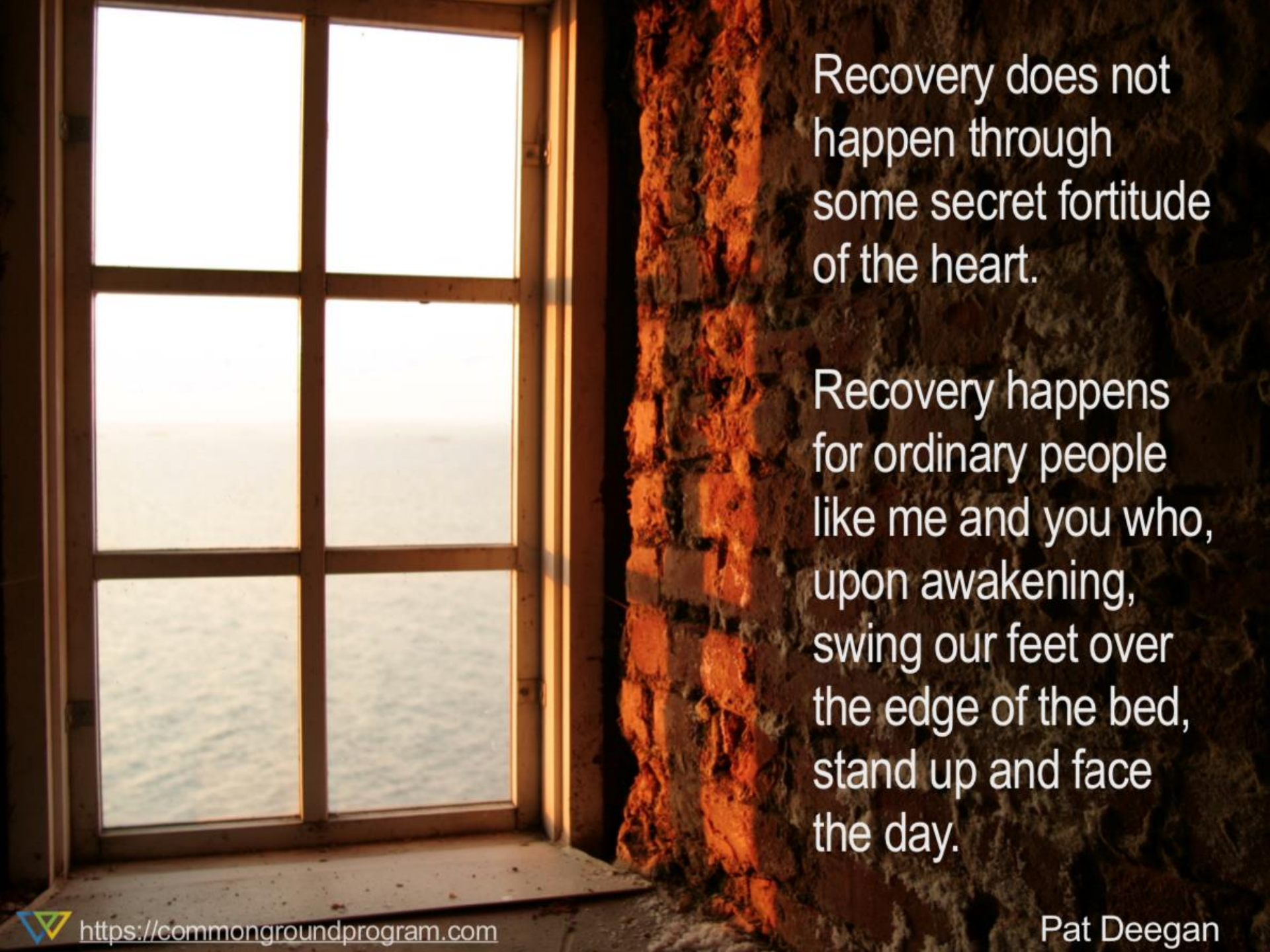
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A low-angle shot of a person's legs from the knees down, wearing light-colored jeans and dark brown leather boots. They are standing on a dark, textured surface, possibly a ledge or roof. The background is a blurred night cityscape with warm, glowing lights against a dark blue sky. The text is centered over the lower half of the image.

For some, recovery means  
having a job, a paycheck and a  
date on a Friday night.



A photograph of a window with six panes looking out onto a body of water, with a rough brick wall to the right.

Recovery does not  
happen through  
some secret fortitude  
of the heart.

Recovery happens  
for ordinary people  
like me and you who,  
upon awakening,  
swing our feet over  
the edge of the bed,  
stand up and face  
the day.







# Prognosis of Doom



I am a person,  
not an illness

Pat Deegan





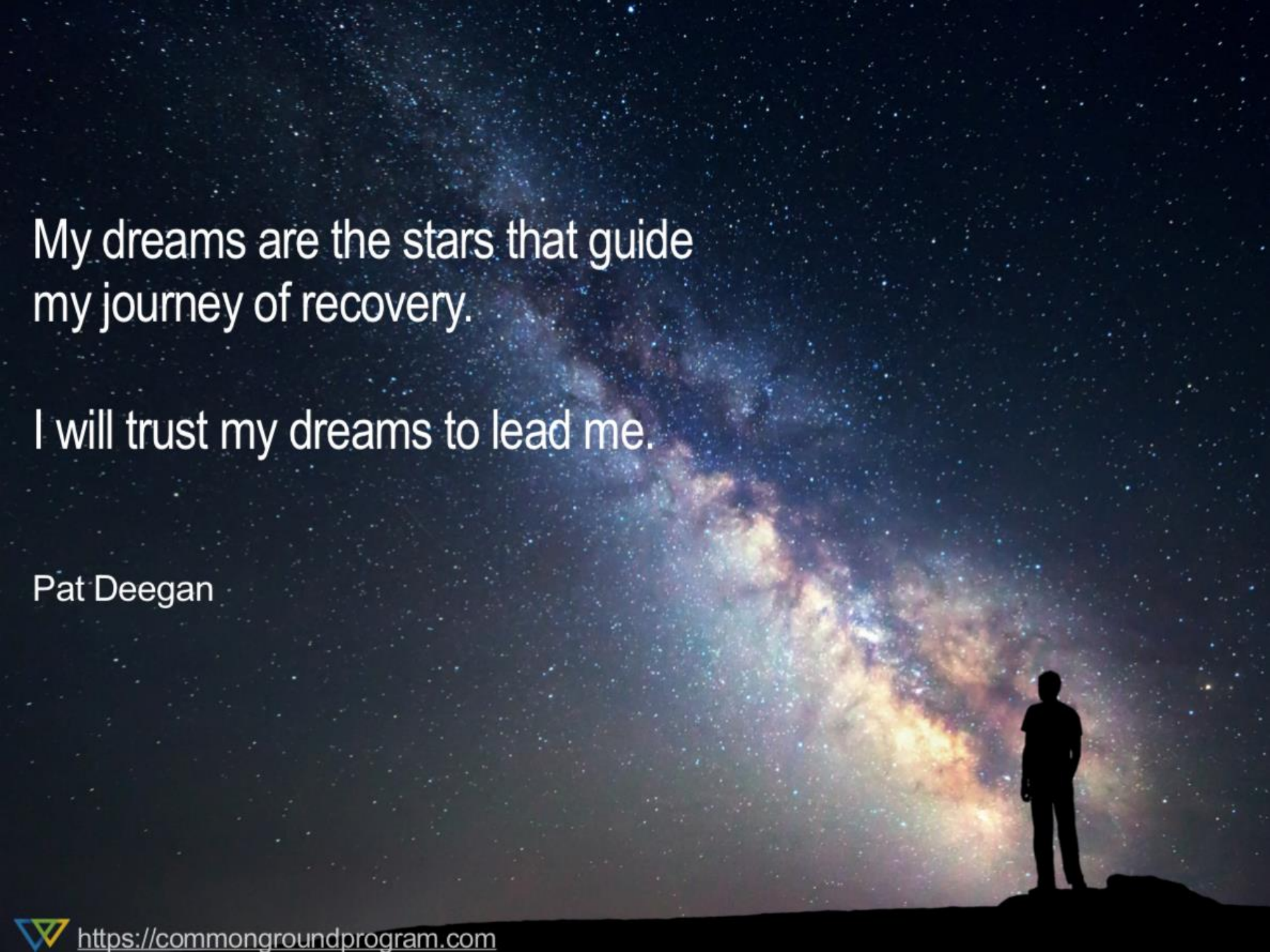


# The Coke and Smoke Syndrome



The despair was more disabling than the psychosis





My dreams are the stars that guide  
my journey of recovery.

I will trust my dreams to lead me.

Pat Deegan






# My first steps in recovery

Patricia, would  
you like to go food  
shopping?





I will live my life, not my diagnosis. 

Pat Deegan





Stumbling  
into  
self-care





I am not the problem

I am part of the solution

Pat Deegan



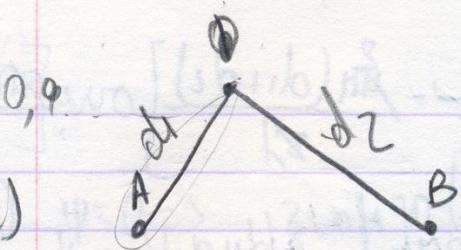


# Joe

*“I think there’s a lot of other things that’s medication that’s maybe not considered medication. There’s things that you can do that does change what your body does and it may not be medicine. I still think one of the best mood stabilizers there is in life, maybe not for everyone, but for me, is math.”*







$$T = 0.2 \text{ sec}$$

$$v = \frac{1}{T} = \frac{1}{0.2} = 5$$

$$\psi_0 = 1 \text{ cm}$$

$$C = 40 \text{ cm/sec}$$

$$\lambda = \frac{C}{v} = \frac{40}{5} = 8$$

$$\psi_1 = \psi_0 n \mu \exp\left(\frac{t}{T} - \frac{d_1}{\lambda}\right)$$

$$\psi_2 = \psi_0 n \mu \exp\left(\frac{t}{T} - \frac{d_2}{\lambda}\right)$$

$$\psi = \psi_1 + \psi_2 = \psi_0 n \mu \exp\left(\frac{t}{T} - \frac{d_1}{\lambda}\right) + \psi_0 n \mu \exp\left(\frac{t}{T} - \frac{d_2}{\lambda}\right)$$

$$= \psi_0 \left[ n \mu \exp\left(\frac{t}{T} - \frac{d_1}{\lambda}\right) + n \mu \exp\left(\frac{t}{T} - \frac{d_2}{\lambda}\right) \right]$$

$$= \psi_0 \left[ n \mu \left( \frac{\exp t}{T} - \frac{\exp d_1}{\lambda} \right) + n \mu \left( \frac{\exp t}{T} - \frac{\exp d_2}{\lambda} \right) \right]$$

$$= \psi_0 \cdot 2 n \mu \left[ \frac{\exp t}{T} - \frac{\exp d_1}{\lambda} + \frac{\exp t}{T} - \frac{\exp d_2}{\lambda} \right]$$

$$\text{or } \frac{2 n \mu}{T} \exp t - \frac{2 n \mu}{\lambda} \exp d_1 - \frac{2 n \mu}{T} \exp t + \frac{2 n \mu}{\lambda} \exp d_2$$

$$\frac{2 \psi_0 n \mu}{2} \left[ \frac{4 \exp t}{T} - \frac{4 \exp(d_2 + d_1)}{\lambda} \right]$$

Math:  
A Mood  
Stabilizer



There was a  
healer within  
Joe



We are resilient





Love can change  
our biochemistry

# Personal Medicine

The things we do  
that put a smile on  
our face and bring  
joy and meaning to  
our life





Personal Medicine  
is also the smaller  
things we do that  
help us get well  
and stay well



# Analysis of 2,500 Personal Medicines

- CATEGORIES

- Family/friends
- Music, TV, movies
- Physical activity/exercise
- Religion & faith
- Personal philosophy
- Hobbies & games
- Reading
- Relaxation, meditation, rest

- EXAMPLES

- Cooking for my mom helps me feel needed
- Reading my Bible calms me down
- Fishing on Sunday helps me forget my troubles
- Playing hoops w/ my friends channels my anger
- Petting my cat helps my anxiety



# Research Findings

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- ✓ Use of Personal Medicine increases over time
- ✓ Use of Personal Medicine increases activation in self-care
- ✓ Activation in self-care is associated with improved health outcomes



Jun



*Taking care of my  
grandson makes me happy,  
and it helps my daughter  
go to work so she doesn't  
have to pay for daycare.*



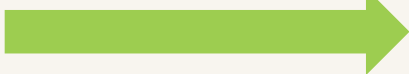


*I never thought  
anything good could  
come from me.*

*I thought I was  
crazy.*



# The Power of Personal Medicine

Disrupt  Transform

Medicine is a pill

What's the matter with you?

Health care is delivered

You are sick

Take your meds

Medicine can be what I do

What matters to you?

Health care is co-created

I am resilient

Find the balance between  
your pill medicine and your  
Personal Medicine



Stephen





I will shrink my  
inner critic  
down to size

fold





I will shrink my  
inner critic  
down to size



*"You can't do math."; "You're a loser."* **Most of us have an inner critic that fuels our negative thinking. Imagining our inner critic as a something small or silly can help.**

**My inner critic looks like** *(sketch or paste a picture below):*



**Did this Personal Medicine work for me?**

☒ **Yes, I will use it again** ☐ **No, I will try another**





Sue



I will develop  
compassion for  
my voices

fold





I will develop  
compassion for  
my voices



It can be helpful to think of our voices as an early warning system trying to protect us from harm. Seen from this perspective, voices may be trying to help us. Using our compassionate self, we can thank them for the warning and tell them we will stay safe as we go about our day.

My voices warn me:

*(example: Neighbors are talking trash about me)*

- You're radioactive
- Keep your eyes down
- They are laughing at you
- You suck

My compassionate response:

*(example: Thank you. I'll ignore them)*

- I'm on it. You can rest now
- I will definitely be careful
- Thanks. I'll put ear buds in
- I'll keep my pride in check

Did this action step work for me?

☒ Yes, I will use it again    ☐ No, I will try another







Paco

I will avoid  
food porn

fold



I will avoid  
food porn



Mouth-watering pizza ads on TV at night. Pictures of food on social media. Baking shows. Fast food billboards. These types of “food porn” can trigger food cravings. Avoiding food porn is a great way to get control over cravings.

Where do I get my food porn? *(example: Pinterest)*

I watch all the baking shows and I swear, my mouth starts watering after 2 minutes. The cravings get really bad.

My plan to avoid food porn: *(example: I'll unfollow recipe boards on Pinterest)*

I've been wanting to watch that new crime show. I'll watch at night, instead of my baking shows.

Did this action step work for me?

☒ Yes, I will use it again ☐ No, I will try another





I will talk back to  
my food cravings

fold  
mark





I will talk back to  
my food cravings

fold  
page



**Researchers have found that if we say, “I can’t eat that”, it actually makes food cravings worse. If we say, “I DON’T EAT THAT”, we gain power to dismiss the craving.**

I will talk back to my food cravings when:  
*(example: when it’s time for coffee and donuts after church I will say “I don’t eat that.”)*

- ☐ When someone offers me sugary food,  
I will say, “I’m allergic to that”.
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**Did this action step work for me?**

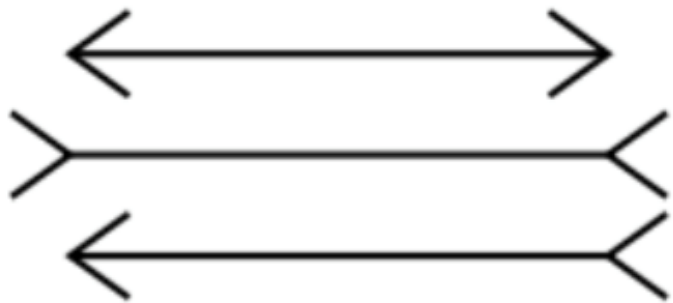
☒ Yes, I will use it again   ☐ No, I will try another



Shawn



I will remember  
things are not  
always what they  
seem to be

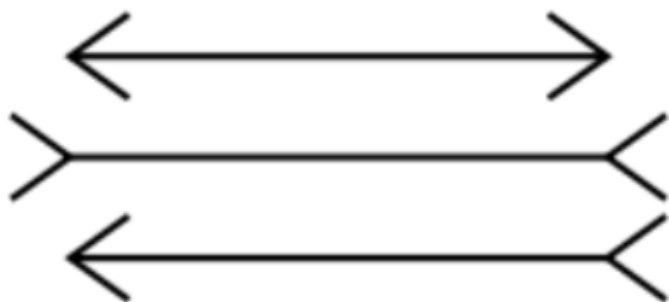


fold





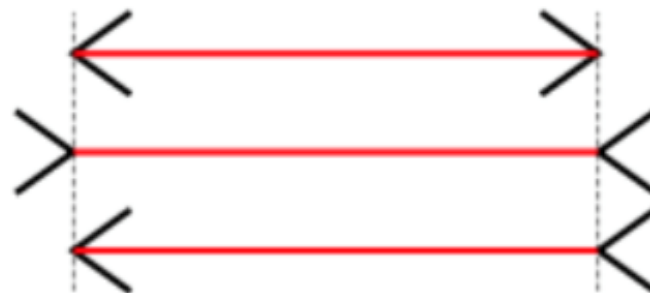
I will remember  
things are not  
always what they  
seem to be



fold  
page



No matter how many times we look at this illusion, the middle line always seems longer. But that is a false perception. All the lines are the same length. Sometimes our brain can trick us.



I will use this Card when: \_\_\_\_\_  
When I am noticing patterns of yellow and black cars.  
It could be random. The patterns might not be what they  
appear to be.

Did this Personal Medicine work for me?

☒ Yes, I will use it again ☐ No, I will try another



Fantasia



I will name the  
oppression that is  
contributing to my  
urge to self-harm

fold



I will name the oppression that is contributing to my urge to self-harm

fold  
pda



Racism, homophobia, poverty, sexism and other forms of oppression can lead to deep feelings of shame and self-loathing. Harming ourselves is not the answer. Naming the oppression we experience, how it affects us and joining with others to fight it can help.

The oppression I experience and how it affects me:

I have been culture bombed with the message I am never thin enough. I'm done believing that. I'm going to fight to end the shaming of women's bodies.

Organizations or groups I will consider joining:

1. Name and contact info: Body Positive Activism Group  
Women's Center, Thursdays 7pm

2. Name and contact info: \_\_\_\_\_  
\_\_\_\_\_

Did this action step work for me?

☒ Yes, I will use it again ☐ No, I will try another

Our challenge is to be bold and  
brave and daring enough to  
remain human-hearted  
while working in the  
human services.

Pat Deegan





# Join our conspiracy of hope



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