

BUILDING A SUPPORTIVE
FOUNDATION FOR YOUR RECOVERY
AND HEALTH

MIND SKILLS BY LEIF

DISCLAIMER: This is not a medical document, nor does it replace the advice provided by your doctor. Always consult with your doctor or healthcare provider before making any changes to your nutrition or any other aspect that may affect your health or well-being.

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FIRST, **STOP** THE DAMAGE



When people try to recover from a situation that is still happening, it becomes very difficult. The first step is to **stop** or at least reduce the damage.

- Can you **safely** stop the damage?

If yes, then do that.

- Can you **safely** remove yourself (and possibly others) from the situation?

If yes, then do that.

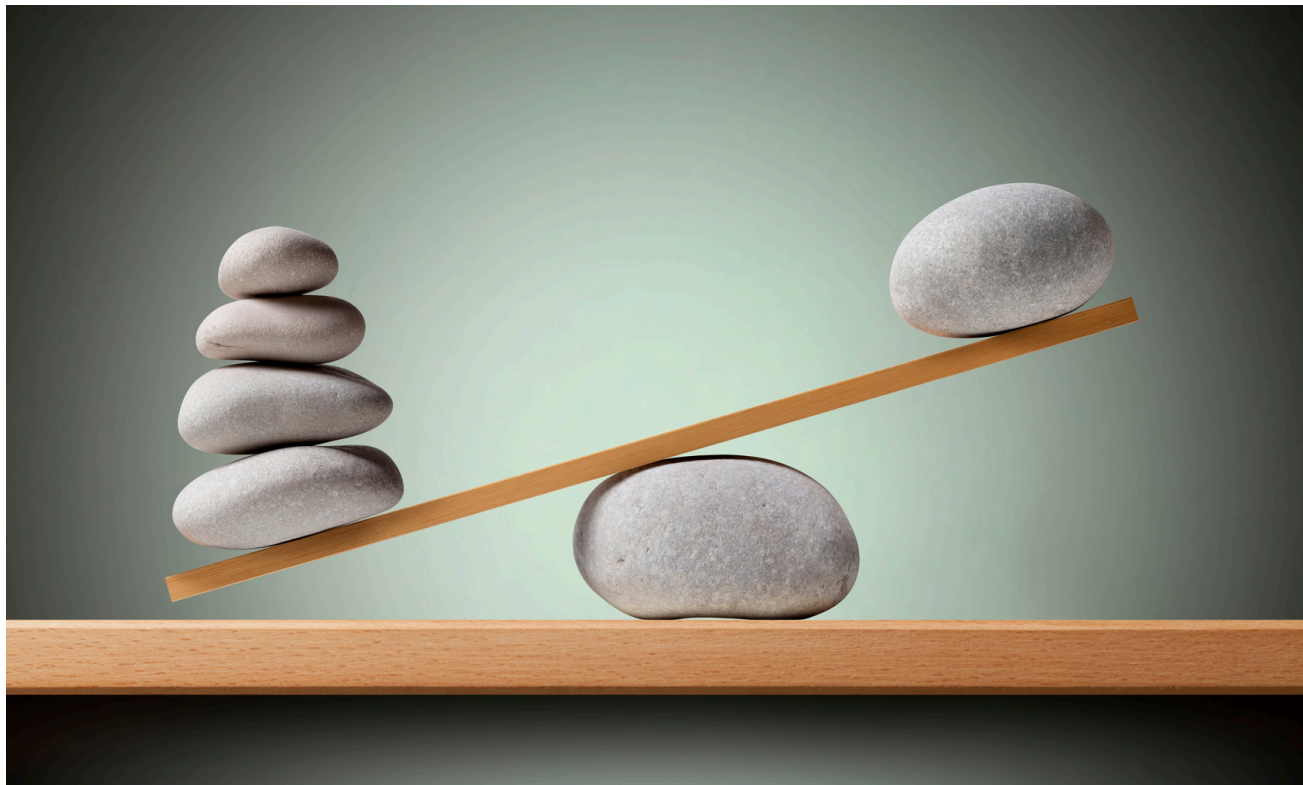
- Can you **safely** reduce the damage?

If yes, then do that.

If none of these are possible, recovery should not be the main concern right now. Instead, focus on creating a situation where you can address the damage or safely remove yourself.

RECOVERY HAPPENS ON A FOUNDATION

The human mind and body are homeostatic systems (balance-seeking), and they are also adaptive and constantly evolving. It works best on a **supportive** foundation.



Damage or injury disrupts this balance, so the goal becomes to create a new balance.

Key elements for recovery include:

- **High-quality rest** as a cornerstone
- **Quality nutrition** (and possibly medication) to support healing
- **Social support**, along with time for oneself
- **Learning new skills** to stabilize the foundation and establish the new balance

There are other important factors for the foundation, which we will discuss later.

Ultimately, finding this balance is personal and unique to each individual.

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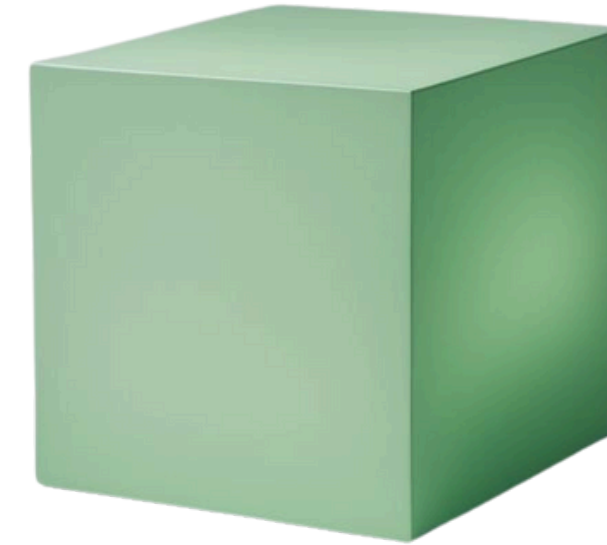
THE BUILDING BLOCKS

BEING SAFE

Feeling safe is foundational. Without a sense of safety, the brain remains in a heightened "survival state" of stress and alertness, which makes recovery difficult or even impossible. A stable, secure environment is essential to shift from survival to healing

SOCIAL SUPPORT

Social support has a powerful calming effect, **reducing stress and providing emotional resources**. Having supportive relationships makes daily life easier and significantly enhances the recovery process, both physically and mentally



REBALANCING

Life is constantly changing, and so is the recovery journey. The ability to rebalance after setbacks is crucial for long-term progress. Flexibility and adaptation are core to regaining stability after disruptions.

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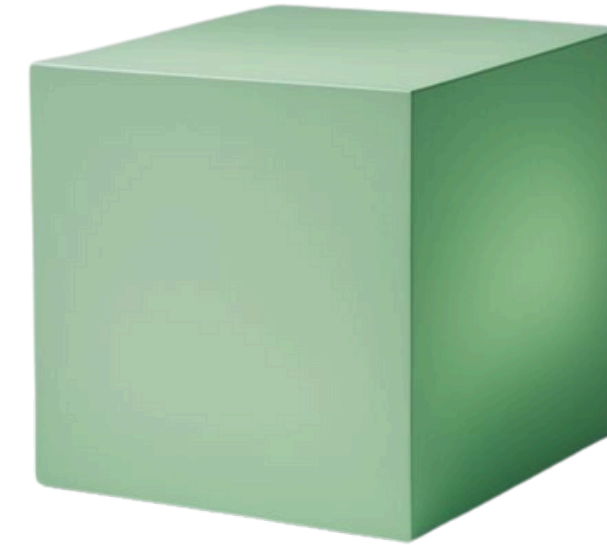
THE BUILDING BLOCKS

USEFUL OPTIMISM

This refers to **acknowledging the reality** of your situation while maintaining the belief that **you can improve**. It's about being hopeful without ignoring the challenges, which fosters resilience and a proactive mindset during recovery

USEFUL CONFIDENCE

Knowing your strengths and being **open to growth** is key. Useful confidence helps you identify what you're already good at, while keeping an open mind to learn and improve in areas that support your recovery.



MEANING AND PURPOSE

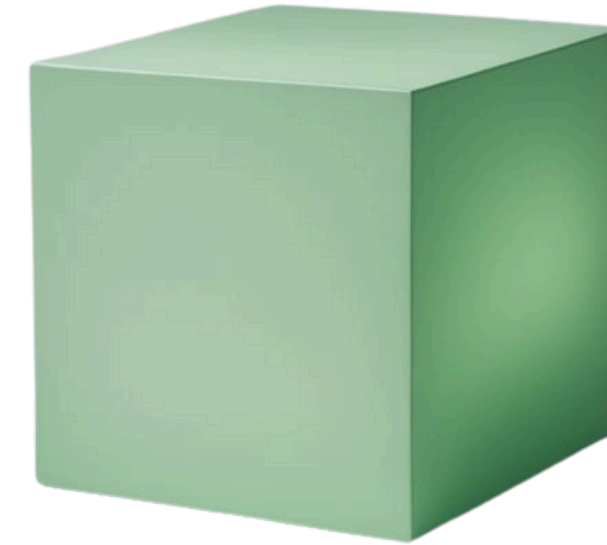
Having a sense of meaning or purpose helps **align your mental and physical resources** toward recovery. Purpose gives you the drive and focus to persevere through challenges and stay on track in your healing process.

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THE BUILDING BLOCKS

HOPE

Hope is **the guiding light** at the end of the tunnel, providing motivation and a vision of a better future. It's what keeps you moving forward, even when progress feels slow or difficult



FREEDOM

Autonomy in your recovery process is critical. When you are **free to make choices that support your** well-being, the recovery process is smoother. A lack of freedom can slow down or even halt progress

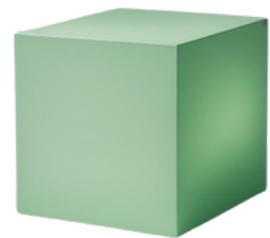
SELF-REWARDING

Recovery can be a tough and sometimes isolating process. The ability to internally reward yourself—finding **satisfaction in small victories or progress**—helps you stay motivated and resilient during difficult times.

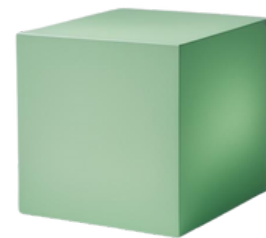
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THE BUILDING BLOCKS ARE SKILLS

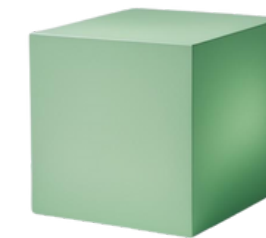
All of the building blocks are learnable skills
Each skill can be **learned**, **improved** and **optimized**



BEING SAFE
SOCIAL SUPPORT
REBALANCING



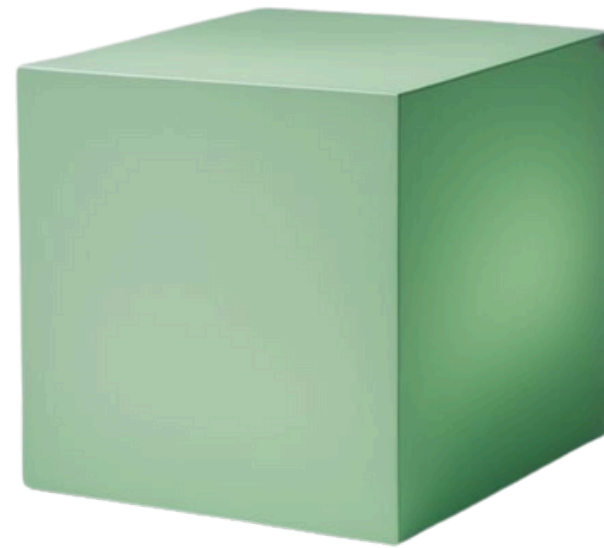
USEFUL OPTIMISM
USEFUL CONFIDENCE
MEANING and PURPOSE



HOPE
FREEDOM
SELF-REWARDING

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TOGETHER, WE CREATE
A **SUPPORTIVE** FOUNDATION FOR
YOUR RECOVERY AND HEALTH



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I AM HERE FOR YOU PERSONALLY



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