



## Recovery International shows proven path to healthy mind

Self-help tools guide people toward living a peaceful and productive life.

*Celinda Jungheim, President, Recovery International*

Founded by Chicago neuropsychiatrist Dr. Abraham Low in 1937, Recovery International offers cognitive behavioral training and is one of the best-kept secrets to achieving mental health. This approach allows people to see their challenging circumstances from a less judgmental perspective and thus avoid getting stressed out unnecessarily. With the help of volunteer group leaders who have also gone through the program, people are able to achieve healthier mental well-being through regular practice.

"We help people better understand what's going on with their lives," says Celinda Jungheim, president of Recovery International. "Most people don't stop to think about what causes the irritations and frustrations that work them up. At Recovery International, we learn simple tools that allow us to have more peaceful and productive lives."

Jungheim is talking from experience, as she has successfully used the program as a roadmap to her mental health. At the core of the program's efficacy is a four-step model that can stand alone or complement ongoing professional mental health treatment.

First, people need to assess the situation that triggered their anxiety. Next, they must be aware of their physical symptoms, such as a clenched jaw, upset stomach and angry or fearful thoughts. The third step involves seeing the situation from every perspective, practicing self-endorsement, and being less judgmental of oneself or others. The final phase is evaluating one's progress but keeping in mind that achieving mental health is an ongoing improvement process.

Recovery meetings can be attended online, over the phone or in person. In the

In the future, the organization wants to expand its cognitive behavior training into high schools so teens can practice early on.

"Our trained peer group leaders are there to demonstrate and keep the meetings on target," says Jungheim. "We're not there to expound on any great knowledge; we're there to demonstrate how people can practice a proven Recovery method and help others do it as well."



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Giving people tools to lead more peaceful and productive lives.