



Resilience

Resilience is the ability to bounce back from adversity and maintain a positive outlook in the face of challenges.

Hope

Hope is the belief in a positive future, which can be a powerful motivator for recovery and personal growth.

Along Path

Walking along the path represents the journey of recovery, where each step leads to a new level of understanding and self-discovery.

Milestoning

Milestoning is a process of marking significant points in one's recovery journey, celebrating progress and providing a sense of direction.

Peaks

Peaks represent moments of clarity, hope, and achievement during the recovery process, serving as a source of inspiration and strength.

Flits along

Flits along the path, symbolizing the transient nature of emotions and the continuous flow of the recovery journey.

RESILIENCE

RESILIENCE

RESILIENCE

HOPE

RESILIENCE

HOPE

PAINT

HOPE

SELF-CARE

HOPE

SELF

RECOVERY

MENTAL HEALTH

PEAK

RECOVERY

Towards A Healthy Future

**Institute of Medicine, Board on Global
Health, Forum on Microbial Threats**



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