Activities that use creative abilities and expand knowledge

- Talk to people and ask questions to learn new things
- Look up information that you don’t know from credible sources
- Take a few moments to pause, reflect, and unplug during the day
- Learn something new
- Do activities that draw on talents and creativity, like music, art, journaling
- Practice and build skills in areas that are interesting and important to you, like cooking, hobbies, meditation

Take your Wellness Pulse: https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/

For more information contact Dr. Peggy Swarbrick at the Wellness Self-Care Program, swarbrma@rutgers.edu