PLAN TO

- Spend time in places that feel good
- Go outside, even for short periods of time
- Go to places and spaces that feel comforting
- Be in nature and listen to the sounds
- Clean and organize personal spaces

Places and spaces that are safe, pleasant, and calming or stimulating as needed

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