



Environmental

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



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



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, swarbma@rutgers.edu