

Tips for Sharing with Others

These tips were suggested by people who have used the *Journey to Wellness* Guide to support others' recovery and wellness.

WHO CAN BENEFIT? WHO COULD I SHARE WITH?

- An individual you serve or support
- A family member or friend
- Colleagues and co-workers
- People in a self-help or support network

WHY IT WOULD BE HELPFUL TO SHARE?

- Get new ideas for what to try
- Provides a signpost or reminder for personal priorities
- Can help others clarify goals or wellness intentions

HOW TO GET STARTED

- Decide if you will first just share ideas from the guide before introducing it.
- Ask permission first to determine the person's interest or openness.
- Help the person develop a plan for reviewing the guide, such as when they first wake up or when they unwind at the end of the day.
- Reinforce the importance of daily actions based on personal choice.
- Point out that the guide suggests ideas, not expectations.

IDEAS FOR ACCESSING THROUGH FLIPBOOK

- Check out the online flipbook before printing: <https://alcoholstudies.rutgers.edu/wellness-in-recovery/journey-to-wellness-guide/>
- Decide if you want to use it online, in a downloaded virtual version, or a printed copy.
- If you want to use it online, bookmark the guide or make it your home page.

IDEAS FOR PRINTING THE GUIDE

- You can share a printed version of the guide in color or black-and-white, depending on options you have and how the other person might experience the full color version.
- You may choose to share the full-size version or the "shorter" version or both.

OTHER TIPS

- Some people may benefit from learning about the eight dimensions of wellness before using the guide. For example, share this quiz: <https://alcoholstudies.rutgers.edu/wellness-in-recovery/quiz/>
- Help others figure out how to go at their own pace.
- Encourage the importance of routine.

See the related tip sheets for using the guide on your own and/or using it in a group.