

Tips for Using the Guide Yourself

These tips were suggested by people who have used the *Journey to Wellness* Guide for themselves to support their own recovery and wellness.

WHO CAN BENEFIT

- People looking to start their recovery journey
- Peer supporters
- Professional supporters
- Family supporters
- Friends

WHY IT WOULD BE HELPFUL FOR YOU

- Get new ideas for what to try
- Provides a signpost or reminder for personal priorities
- Helps you keep accountable to yourself
- Supports the idea that even one new action is good enough—no need for pressure

HOW TO GET STARTED

- Keep the guide in a prominent place or where you know where it is. For example, have it visible on your desk, near your bed, in the car, or in your book bag or purse.
- Commit to reviewing the Guide once a day for at least 5 minutes for the first 10-12 days (or some other regular schedule for a week or two).
- Set a daily action in your calendar or planner.

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 print the guide in color or black-and-white, depending on options you have and your experience with the full color version.
- You may choose to print the full-size version or the “pocket” version or both.

OTHER TIPS

- Consider an accountability partner you can talk to and process with.
- Keep it simple and attainable—resist pushing yourself too hard!
 - The idea is to develop a natural and easy habit.

See the related tip sheets for sharing with someone else and/or using in a group.