



Emotional

Ability to express feelings, do enjoyable activities, and adjust to stress and challenges



PLAN TO

- Do activities or practices that relieve stress and tension
- Reflect on your feeling and express through talking or engaging in activities
- View challenges as problems opportunities for learning and growth
- Do enjoyable activities
- Laugh often

How are you feeling today?



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