What positive thoughts fill your mind with good feelings?

What thoughts help you feel strong?

What do you appreciate right now?

Some people like to use the idea of RAIN:

R - Recognize what’s going on

A - Allow the experience to be there just as it is

I - Investigate with kindness

N - Nurture with self-compassion and Natural awareness

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