

WELLNESS SELF-CARE HABIT

## Nourish the Mind

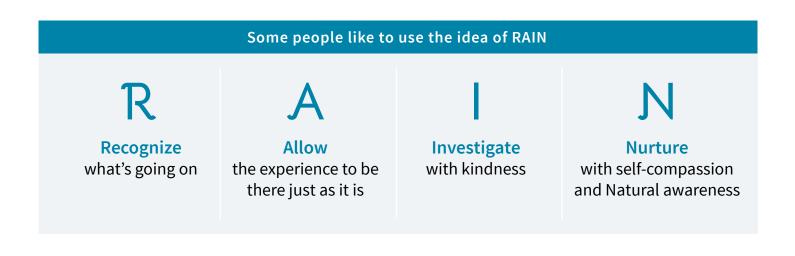
Activities that provide emotional and intellectual enrichment and balance for overall wellness

## Think about fueling your mind:

What positive thoughts fill your mind with good feelings?

What thoughts help you feel strong?

What do you appreciate right now?



Take your Wellness Pulse: <u>https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/</u>

For more information contact Dr. Peggy Swarbrick at the Wellness Self-Care Program, swarbrma@rutgers.edu