



Physical

Create habits, including but not limited to nutritious food choices, engaging in physical activity, adequate sleep and rest, and relaxing activities



PLAN TO

- Move mindfully each day, like stretching or walking

- Do positive activities to relieve stress

- Sleep enough time have energy and stamina

- Choose nourishing foods

- Do small things to relax



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