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, swarbrma@rutgers.edu