Social

PLAN TO

- Give others support for emotional or practical needs
- Seek support for emotional or practical needs
- Be with or reach out to other people who validate and appreciate you
- Limit contact with people who drain you physically and emotionally
- Communicate with a variety of people to learn from them and share your support

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