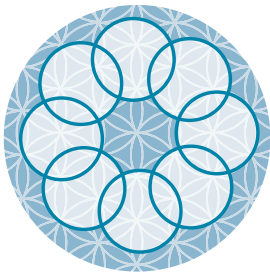


# Social



## 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](mailto:swarbrma@rutgers.edu)