



Spiritual

Activities that enrich a sense
of purpose and meaning in life



PLAN TO

- **Reflect** on personal values and beliefs
- **Do activities and rituals** that align with values and beliefs
- **Express gratitude** for the good things going right in your life
- **Reflect quietly** each day, even for short moments
- **Do activities of daily living** with mindful intention



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