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/](https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/)

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