



Self-Care tips for People in Recovery (compliments of Serenity Lane)

Ultimately, each of us is responsible to ourselves and our families to maintain our recovery in the face of today's challenges. The following are tips for ensuring we remain focused on our recovery:

1. **Breathe.** Deep, abdominal breathing can decrease anxiety, increase calmness and enhance overall wellness. As you breathe through your nose, try to take a little longer on the out breath. Close your eyes and take at least ten breaths.
2. **Ask for help.** Do you need supplies? A ride? Help around your house? Make sure you don't try to do it all alone.
3. **Have compassion for yourself-and your body.** When our bodies are recovering it can be hard to remind our minds they need to slow down as well. Remember your situation is temporary and that the time you spend resting will ensure a more speedy recovery.
4. **Call someone.** Preferably a sponsor or a recovery buddy, but even a healthy friend or family member. Even better, facetime them so you can see their smile and feel their warmth through the screen.
5. **Make some goals.** Sometimes boredom can be our biggest enemy so try to stay busy, even if you are limited in what you can do. Maybe you have always wanted to learn how to knit and can learn with the help of some online videos. Or there is a series of books you have always wanted to read. Learning to cook a delicious family recipe. This is a great time to check something off your bucket list.
6. **Be of service.** Maybe you can't make the coffee for the meeting but there are still so many ways you can help out. Call a few folks on the phone tree. Reach out to a friend new in recovery. Post some inspirational quotes on social media. If you and your neighbors are practicing social distancing, check on elderly and compromised ones by text and phone.
8. **Eat healthy and stay active.** The latter can be challenging if you are recovering from an illness but check with your health care provider about light stretching or a small walk.
9. **Gather small.** Maybe you can't make the meeting but bring the meeting to you! Invite a few healthy friends over and have your own small gathering. Have some tea and laugh together.
10. **Make a list of the things you CAN do.** Sometimes you just need to remember that there is a lot you still have control over. Besides the items above, what other tools do you have in your toolbox?