

How to Continue Your Recovery Journey

Continuing to make individualized, healthy choices that support your physical and emotional wellbeing plays a vital role in your recovery journey. While no one's journey is alike, knowing who or what you could turn to when experiencing ups and downs in your recovery journey can make a difference.

Below are some strategies you can use as part of your recovery journey.

- ➔ **Build a supportive network:** Consider joining a club or group that shares your interests such as a book club, an arts and crafts circle, or hiking or running club. Having a consistent circle of friends and family who can help support your recovery journey can be a great outlet for improving mood and releasing stress.
- ➔ **Exercise:** Regular physical activity can help relieve stress while keeping your mind and body busy.
- ➔ **Nutrition:** Proper nutrition and eating healthy, balanced meals can support your body with the healing process and can help improve your mood and health.
- ➔ **Use faith-based tools:** For some, finding faith or a connection to spirituality provides them with a stronger sense of purpose to remain committed to their recovery.
- ➔ **Meditate:** Practicing meditation or prayer, deep breathing or yoga can help you achieve a calmer state and release stress.
- ➔ **Volunteer:** Being productive by helping others in need can help you channel your energy and emotions into something positive and purposeful.
- ➔ **Reframe your thought process:** Resist the urge to see things negatively, and try to think of positive alternatives. Writing daily in a journal about things you are grateful for is one way to reframe your thoughts.
- ➔ **Mindfulness:** Practice bringing your attention to the present, moment-to-moment experience without judgement.
- ➔ **Explore nature:** Getting outside – whether for a walk around the block or a hike at a local park – can provide a much-needed change of scenery.
- ➔ **Express your creativeness:** Painting, creating music, dancing and drawing can help relieve stress and promote positive feelings and self-esteem.
- ➔ **Improve sleep quality:** By taking care of your physical health and getting a full night's rest, this can help increase your chances of remaining in a healthy state.

Talk with a healthcare provider for support with exercise, nutrition or other health needs.

Sources: American Addiction Centers, National Library of Medicine, Substance Abuse and Mental Health Services Administration (SAMHSA), Yale Journal of Biology and Medicine