

Self-Care

Taking care of oneself is a key piece to Recovery: when we do good, we feel good, when we do bad, we feel bad, and when we do nothing, nothing happens. Below or on a separate page list a few ways in which you can take care of yourself and things that will help you through the induction process and coming days.

1.

a.

b.

2.

a.

b.

3.

a.

b.