

Life Skills in Recovery

Essential Life Skills for Recovery

Gratitude Practice



Start or end your day by listing three things you are grateful for. This practice fosters positivity and resilience.

Mental Health Tools



Integrate mindfulness exercises into your routine to manage stress and emotions effectively. Meditation can enhance mental clarity and emotional stability.

Health & Wellness



Maintain a balanced diet, regular exercise, and sufficient sleep to support physical and mental health.

Time Management



Use planners or apps to organize and prioritize your daily activities, helping you manage your time and responsibilities smoothly.

Gratitude Reflection:

Reflect on the past week. Write about three instances where you felt grateful. How did these moments impact your outlook & emotional well-being?

Finding Meaning



Engage in activities or projects that are meaningful to you. Whether it's volunteering, a hobby, or a career goal, find ways to connect your daily actions to your values.

Social Skills



Strengthen your relationships through improved communication skills, including active listening and expressing thoughts clearly and respectfully.

Daily Mindfulness Exercise

- Morning **meditation** for 10 minutes
- Midday **breathing exercises** during breaks
- Evening **gratitude journaling**

Meaningful Pursuits:

Think about what gives your life meaning. Describe one or two activities that make you feel fulfilled and explain why they are significant to you.

Save this **24/7 relapse prevention hotline** for times when you need extra support staying sober. Recovery specialists are here to guide you through what to do next.

Relapse prevention hotline:
(800) 994-2184