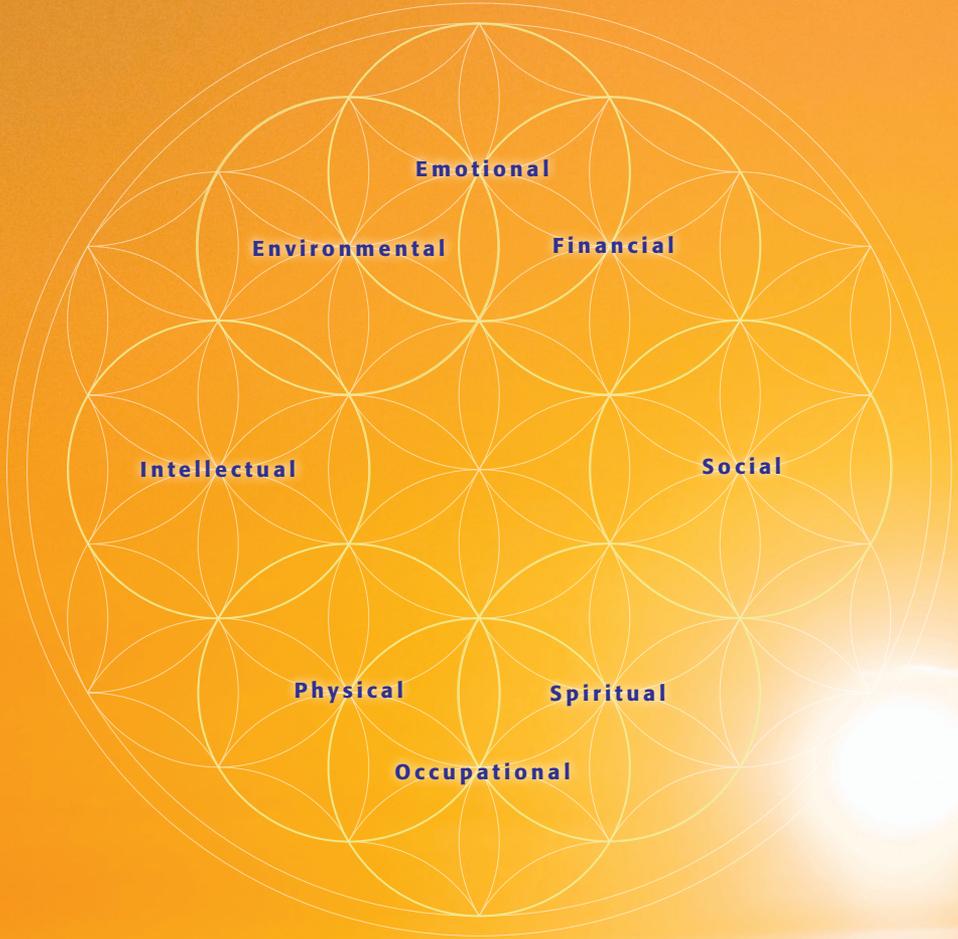


JOURNEY TO

Wellness





A PATH TO

Wellness

JOINS KNOWLEDGE WITH ACTION

*The journey of
1000 miles begins
with a single step.*

LAO TZU

Wellness involves being aware of and making good choices for ourselves each day. A wellness lifestyle includes the activities we do daily to help us manage stress, feel balanced, and contribute to our own well-being and to the welfare of others.

Wellness activities are helpful for anyone, whether they count recovery in days or years or if they are supporting someone else. It's important to do what works for you; everyone's experiences are different, so what works well for others might not be the right fit for you.

Focus on solutions, not problems. Emphasize positive actions by appreciating what you can do today. It doesn't matter what you did yesterday.

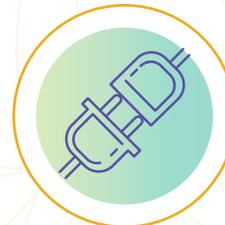
THE FOUR DAILY ACTIONS

In this guide you will find examples of action ideas that have already helped others. These ideas are summarized in four categories:



Connect

You can connect with people in many ways such as conversation, sharing common interests, or just sitting quietly together. The quality of the connection matters. Disconnect from things and relationships that do not serve you. Stay connected with people you care about and people who care about you.



Unplug

This means taking a small break, even a minute or less, to relax. Literally unplug from technology, activities, or whatever is happening around you. Taking a few moments for a few deep breaths, closing your eyes or looking out a window can help you disconnect if stress is building.



Sleep

Getting enough quality sleep (7-9 hours each night) refreshes your mind and mood and helps your body heal. Sleep is extremely important, but unfortunately, many things can get in the way of a good night's sleep.



Do Good

Doing good is reaching out, giving back, and sharing kindness with others and the rest of the world. Make a commitment every day to do something good for others, which in turn also helps you.

Daily Actions

Creating wellness involves focusing on a few simple steps each day. You can choose one or two daily actions. When you find one that works, consider ways to do it more often so it becomes a consistent wellness activity. In the spaces below, you may like to write down which daily actions work best for you as a reminder.



Connect



Unplug



Sleep



Do Good

Swarbrick, M., DiGioia-Laird, V., Estes, A., Kavalkovich, S., Nemecek, P., Pelland, J., Stewart, B., Treitler, P., Baldomero, J. (2022, February). Journey to Wellness. Piscataway, New Jersey: Center of Alcohol & Substance Use Studies, Graduate School of Applied and Professional Psychology, Rutgers University.

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