



Creating a Relapse Prevention and Wellness Plan

- LIMIT Reading or Watching News
- Structure Your Day
- Morning Journal
- Meditation and Mindfulness
- MOVE Your Body
- Stay Emotionally Connected
- Listen to Healing Music
- Eat Healthy Meals
- Develop Sleep Hygiene

WELLNESS SELF CARE
Relapse Prevention and Anxiety Relief
COVID-19 Self Care

Limit Reading or Watching News

Structure Your Day

Stay Emotionally
Connected

Morning Journal
Plans and
Aspirations

Listen to Healing
Music

Meditation
and
Mindfulness

Eat Healthy Meals
Develop Sleep
Hygiene



Move Your Body

