

## **RECOVERY THERAPY WORKSHEETS:VERSION 2**

- **Get to know about your illness.**
- **Know your warning signs.**
- **Take your medications on time.**
- **Don't think too much about your illness.**
- **Make deep breathing and yoga your habit in times of anxiety.**
- **Make a time table for your medication.**
- **Go for a walk.**
- **Engage in healthy activities.**
- **Maintain a healthy lifestyle.**
- **Eat healthy food.**
- **No to drugs, Using drugs can cause further complications.**
- **Going for follow-ups is very important for a speedy recovery.**
- **Take care of yourself, indulge in some self care activities.**
- **Always remember hard times don't stay forever.**