

Recovery Worksheets: Version 2



- Practice gratitude.
- Spend time with your family or loved ones, take breaks, or time out to connect with your friends.
- Get a hobby.
- Connect with nature.
- Seek community help.
- Help someone in need.
- Start writing or anything that you enjoy doing.
- Take baking or cooking classes.
- Get creative.
- Go for a picnic, in a safe environment.
- Pet any animal or take care of animals.

- Give yourself the treat to enjoy how far you have come.
- Make a vision board.
- Paint something or make a collage.