

Spirituality in recovery worksheets pdf

- **Meditation:**

To begin meditating, sit comfortably, quietly, and close your eyes. Start by relaxing your muscles, first in your feet, calves, and thighs, and then by shrugging your shoulders and rolling your head and neck around. During that minute, thoughts will come and notice that those thoughts come simply and without any effort. Bring the focus back to your body.

- **Nature Walk:**

Embark on an outdoor walk that will encourage your students to engage all of their five senses in observation.

- **Take your medications on time:**

Taking medications on time is very important for a speedy recovery.

- **Keep yourself busy:**

Don't think too much about your illness. You are on a road to recovery.

- **Relaxation Exercises:**

Make deep breathing and yoga your habit in times of anxiety

- **Stay connected with your loved ones:**

Share and express your emotions with your loved ones.

- **Don't use drugs or alcohol in times of stress:**

Using drugs can cause further complications.

- **Go to your appointments regularly:**

Going for follow-ups regularly is very important for a speedy recovery.

- **Seek forgiveness:**

Whenever you feel like you are at fault, seek forgiveness when it's necessary.