

## Spirituality in recovery worksheets pdf:Version 2

Do the activities during your recovery phase to increase your spirituality:

Give yourself positive messages.	Exercise regularly	Pray to the higher being.	Do yoga
Go out with your family or friends	Meditation	Seek forgiveness.	Spend alone time in solitude.
Connect with nature	Engage in community work.	Forgive people around you.	Engage in grounding activities
Get proper sleep	Pray	Play your favorite sport	Mindfulness activities

Do the following activities to get a speedy and full recovery:

Create a structure in your routine and follow it daily.

Practice self care. Eat balanced diet and exercise.

Create a gratitude list and update it daily or weekly.

Identify your triggers and try to cope with them.

Highlight your strengths and use them in recovery