

# 8 ESSENTIAL SKILLS FOR ADULTS IN RECOVERY



## 1 PRACTICING SELF-CARE

Making time for things like regular exercise, personal hobbies, and meditation help to maintain balance in life.



## 2 PLANNING AND COOKING NUTRITIOUS MEALS

Regularly eating nutritious meals can help the body recover from the harmful effects of substance abuse.



## 3 SETTING AND ACHIEVING PERSONAL GOALS

Goal-setting helps the healing process, increases self-efficacy, and requires self-examination, which are all great in recovery.



## 4 MAINTAINING A CLEAN LIVING SPACE

A clean environment promotes feelings of safety, security, and comfort while also improving personal hygiene.



## 5 MANAGING FINANCES

Money can be a powerful trigger but saving and spending money wisely can help reduce stress and sustain sobriety.



## 6 BUILDING HEALTHY RELATIONSHIPS

Relationships built on honesty, trust, communication, and healthy boundaries reinforce sobriety, even in stressful times.



## 7 MANAGING TIME RESPONSIBLY

Effective time management increases efficiency, reduces boredom and anxiety, and provides a sense of fulfillment.



## 8 FINDING AND MAINTAINING EMPLOYMENT

Sustainable employment in recovery is essential for rebuilding confidence, achieving goals, and paying off debt.

# Recovery From Addictions

**RD Boyd**



## **Recovery From Addictions:**

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