



Daily Wellness Plan

List what you want to do for overall wellness throughout the day



MORNING

Wake up at:

Activities I do in the morning:



AFTERNOON

Take a pause at:

Activities I do in the afternoon:



GRATITUDE REFLECTION

Today I am grateful for:



EVENING

Prepare for sleep at:

Activities I do to prepare for sleep:



Take your Wellness Pulse: <https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/>

For more information contact swarbrma@rutgers.edu



Things You Can Do



PHYSICAL

- Choose nourishing foods
- Sleep enough time have energy and stamina
- Do positive activities to relax and relieve stress
- Move mindfully each day, like stretching or walking



FINANCIAL

- Save receipts
- Make educated spending decisions
- Record income and expenses and review often
- Stay within a budget
- Have money on hand to meet current expenses
- Notice spending triggers



ENVIRONMENTAL

- Clean and organize personal spaces
- Spend time in places that feel good
- Go outside, even for short periods of time
- Go to places and spaces that feel safe
- Be in nature and listen to the sounds



INTELLECTUAL

- Talk to people and ask questions to learn new things
- Look up information that you don't know from credible sources
- Take a few moments to pause reflect and unplug during the day
- Learn something new
- Activities that draw on talents and creativity, like music, art, journaling
- Practice and build skills in areas that are interesting and important to you, like cooking, hobbies, meditation



EMOTIONAL

- List activities or practices that relieve stress and tension
- Remember to plan enjoyable activities each day
- Reflect on your feelings and express through talking or engaging in activities
- Laugh often



OCCUPATIONAL

- Create structure and routine
- Focus on activities that use your talents and strengths
- Balance your daily activities to best meet your needs and daily rhythms
- Spend time with other people you care about who uplift you



SPIRITUAL

- Reflect on personal values and beliefs
- Do activities and rituals that align with values and beliefs
- Express gratitude for the good things going right in your life
- Reflect quietly each day, even for short moments
- Approach activities of daily living with mindful intention



SOCIAL

- Share support for emotional or practical needs
- Seek support for emotional or practical needs
- Be with or reach out to other people who validate and appreciate you
- Limit contact with people who drain you physically and emotionally
- Communicate with people to learn from them
- Reach out to share support