

Intellectual



Activities that use creative abilities and expand knowledge

PLAN TO

- 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

- Do 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



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

For more information contact Dr. Peggy Swarbrick at the Wellness Self-Care Program, swarbrma@rutgers.edu