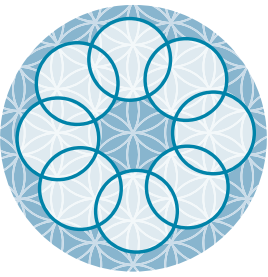


Occupational



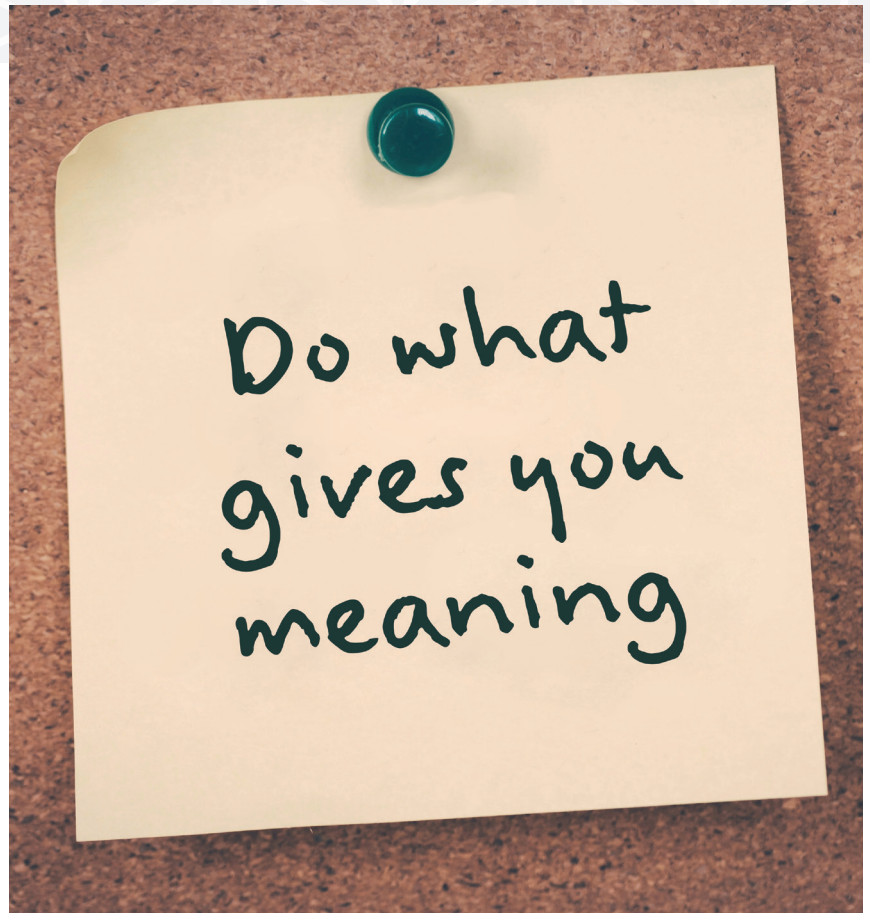
Involvement in activities that provide meaning and purpose, including school, work, volunteering, and caregiving.

PLAN TO

- **Create structure and routine**

- **Balance your daily activities** to best meet your needs and daily rhythms

- **Do things with other people** you care about who uplift you



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

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