



Nourish the Mind

Activities that provide emotional and intellectual enrichment and balance for overall wellness

Think about fueling your mind:

- What positive thoughts fill your mind with good feelings?
- What thoughts help you feel strong?
- What do you appreciate right now?

Some people like to use the idea of RAIN

R

Recognize
what's going on

A

Allow
the experience to be
there just as it is

I

Investigate
with kindness

N

Nurture
with self-compassion
and Natural awareness



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