



Wellness Self-Care

Instructions: Reach out to as many people you can to learn what they do for wellness self-care. Write their response in the relevant box.

Favorite physical activity for self-care	Best place/space to feel at peace	Favorite activity for social wellness
Best food for energy	Best way /activity to refocus	Best time to wake up/go to sleep
Favorite activity for spiritual wellness	Best activity to wind down at night	Favorite calming activity



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

For more information contact
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