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BLOG

Caring for Your Mind in Recovery: Simple Steps to Try

Feelings That Can Surface

- Worry or panic
- Sadness that comes back
- Guilt, shame or loneliness

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Build Your Day

- Regular exercise
- Healthy meals
- Set times for work and leisure

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Be Kind to Yourself

- Mistakes are part of learning
- Celebrate small victories
- Skip the harsh self-criticism

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Read the full article

Managing Mental Health During Recovery

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General information, not medical advice. Your provider can tell you what is right for you. If you are in crisis, call or text 988.