

WISE RECOVERY



Returning to
Mindfulness, Serenity, Compassion, Wisdom & Wellness
Each Day

Sandy Hinden

WISE RECOVERY



Dear Friend,

I developed Wise Recovery to help myself and others. It draws from many recovery and wellness methods I have practiced and taught over 50 years as a community and global educator of wisdom and wellness.

We are living in a very sick world that feeds human delusions, obsessions, compulsions, addictions, and unhealthy habits.

This program can help you regain inner peace and wellness. You can join me in creating a Community of Wisdom & Wellness on the First Friday of each month at 8 PM ET.

Sanford “Sandy” Hinden

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EducationToLiveWell.org

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WISE RECOVERY: RETURN TO WELLNESS EACH DAY



Join **Sandy Hinden**, global educator and author, for a monthly community gathering dedicated to mindfulness, serenity, and compassion. In a world that often feeds unhealthy habits and stress, this program offers a path back to inner peace and holistic wellbeing.

WHY JOIN US?

Wise Recovery draws from over 50 years of wisdom and wellness methods to help you navigate life's challenges. Whether you are feeling stressed, overwhelmed, or simply seeking more meaning, this session provides practical tools to help you:

- **Practice Mindful Awareness:** Learn to gently notice your thoughts and emotions without being attached to them.
- **Regulate Your Inner Process:** Transition from a "degrading culture" of ego and competition to an "uplifting culture" of collaboration and kindness.
- **Boost Your Happiness Hormones:** Discover simple, daily activities to naturally increase your dopamine, oxytocin, serotonin, and endorphins.
- **Return to Your Values:** Shift from negative triggers to self-compassion, self-care, and clarity.

EVENT DETAILS

- **When:** The First Friday of each month
- **Time:** 8:00 PM Eastern Time
- **Host:** Sanford "Sandy" Hinden, founder of Wisocracy.org

RECLAIM YOUR SERENITY AND JOIN OUR COMMUNITY OF WISDOM & WELLNESS

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First Fridays, 8 PM, ET

[Register Here](#)

When I feel:	I return to:
Stressed	Serenity, peace
Angry	Patience, journal
Lonely	Self-kindness
Bored	Self-care
Tired	Rest, meditation
Frustrated	Self-compassion
Rejected	Self-appreciation
Less than	Self-value
Delusional	Clarity

**H u m a n s
O n e**



INNER PROCESS

**Unaware
of the Process**

**Hanging out
in Brain-Hack
Manipulation
Zones**

Brain-Hacked

**Imagination
run wild**

PEOPLE

Self-centered

Superficial

Egotistical

Arrogant

Selfish

Competitive



**Intense
Degrading
Culture**

**H u m a n s
T w o**

Uplifting Culture

INNER PROCESS

**Mindful Awareness
of thoughts, feelings,
bodily sensations,
and what is going on
around you, with
non-attachment to them**

**Self-regulation
of Imagination**

**Steering clear
of Manipulation,
Brain-Hack Zones**

PEOPLE

**Self-care and
interested in others**

**Depth, meaning,
purpose, wisdom**

**Kind, generous
Collaborative,
cocreative**

**May be part of
a collaborative
partnership or
alliance**

Daily Self-Reading

	1	2	3	4	5	6	7	8	9	10	
Positive											Negative

	1	2	3	4	5	6	7	8	9	10	
Peaceful											Stressed

1. Each day, as part of your self-care practice, assess where you are in terms of positivity and peace.
2. When you are more stressed and negative, your addictions and unhealthy habits may be triggered.
3. Each day, gently give yourself self-forgiveness, self-compassion, self-kindness, and self-care.
4. Return to taking care of your feelings and needs and take action in the direction of your values and goals.

Mindful Awareness

Mindfulness
is just
gently noticing
the flow of your
thoughts, emotions
and sensations...
and what is going on
around you...
and not being
attached to them

Mindful Conscious Awareness

Thoughts

Emotions, Feelings

Body Sensations

Environment



Sexual attraction or romance can trigger a high dose of Dopamine and Cortisol to elevate the possibility of sexual behavior, and cause a decrease in Serotonin, which usually helps regulate mood and higher thinking for everyday activities.

Do Something to Increase Your Balance & Happiness Hormones

DOPAMINE

THE REWARD HORMONE

- Complete a task
- Do self-care activities
- Eat protein
- Celebrate little wins
- Listen to peaceful music

OXYTOCIN

THE LOVE HORMONE

- Play with a dog or cat
- Play with a baby
- Hold hands
- Imagine or hug family or friends
- Give a compliment

SEROTONIN

THE MOOD STABILIZER

- Meditate
- Run
- Sun exposure
- Walk in nature
- Swim, cycle

ENDORPHINS

THE PAIN KILLER

- Smile, laugh
- Exercise
- Essential oils or a candle
- Watch a comedy
- Dark chocolate

Wellness & Wellbeing

peacefulness, positivity

serenity, simplicity

compassion, kindness

gratitude, appreciation

friendliness, fun

wisdom, wellness

harmony, happiness

A B O U T



Sandy Hinden is a global educator, systems thinker, and organizational developer dedicated to advancing peace, justice, and stewardship of the Earth.

He has written on personal growth, leadership transformation, and systemic reform, and helped lead global movements in civic education, peacebuilding, and sustainable governance. He worked across five decades and continents, leading transformational programs for UN initiatives, Rotary-related groups, NGOs, educational institutions, and civic organizations.

Sandy developed and facilitated more than 200 interactive sessions, both locally and online, on habit improvement, meditation, meaning and purpose, wellbeing, relationships and communication, empathy, leadership, and community improvement.

His work has focused on helping people connect more deeply with themselves, each other, and the larger world through kindness, wisdom, and dialogue. He authored *The Sovereign Earth Fund & Council* (2026), *Education To Live Well* (2025), *7 Keys to Love* (2009), and founded Wisocracy.org (2022) to foster wise democracy and governance.

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