

Self-care Suggestions :

- Grounding
- Meditating
- Acupuncture
- Animal therapy
- Music therapy
- Exercise
- Yoga
- Prayer
- A massage
- A pedicure/manicure
- A visit to the chiropractor
- A bath
- Gardening
- Journal Therapy
- Art therapy and adult coloring books
- Cognitive Behavioral Therapy
- Vision work
- Imagery
- EMDR
- Brain Spotting
- Neurofeedback
- Brain healing
- A regular physical and additional tests and checks
- Laughter or cry therapy
- Aromatherapy
- Read an unrelated book
- Clean eating- no sugar, gluten, or dairy

- Hydration- keeps your heart rate down and energy up
- Vitamins- especially D and a multivitamin
- Go on an adventure with a friend
- Pharmacotherapy- medications for sleep, depression, and anxiety (Not all medications are addicting or needed long term. Some can assist in the worst of times).
- Counseling- individual only if your spouse is not in sobriety. Sobriety means they have had a set length of not acting out and are moving forward in recovery despite setbacks and relapse.