

8 ESSENTIAL SKILLS FOR ADULTS IN RECOVERY

1



PRACTICING SELF-CARE

Making time for things like regular exercise, personal hobbies, and meditation help to maintain balance in life.

2



PLANNING AND COOKING NUTRITIOUS MEALS

Regularly eating nutritious meals can help the body recover from the harmful effects of substance abuse.

3



SETTING AND ACHIEVING PERSONAL GOALS

Goal-setting helps the healing process, increases self-efficacy, and requires self-examination, which are all great in recovery.

4



MAINTAINING A CLEAN LIVING SPACE

A clean environment promotes feelings of safety, security, and comfort while also improving personal hygiene.

5



MANAGING FINANCES

Money can be a powerful trigger but saving and spending money wisely can help reduce stress and sustain sobriety.

6



BUILDING HEALTHY RELATIONSHIPS

Relationships built on honesty, trust, communication, and healthy boundaries reinforce sobriety, even in stressful times.

7



MANAGING TIME RESPONSIBLY

Effective time management increases efficiency, reduces boredom and anxiety, and provides a sense of fulfillment.

8



FINDING AND MAINTAINING EMPLOYMENT

Sustainable employment in recovery is essential for rebuilding confidence, achieving goals, and paying off debt.



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