



**New Start  
Recovery  
Solutions**

*We help individuals out of problems –  
And into Solutions.*

**866-303-6275**

<https://newstartrecoveryolutions.com>

## Creating a Relapse Prevention and Wellness Plan

- LIMIT Reading or Watching News
- Structure Your Day
- Morning Journal
- Meditation and Mindfulness
- MOVE Your Body
- Stay Emotionally Connected
- Listen to Healing Music
- Eat Healthy Meals
- Develop Sleep Hygiene

### WELLNESS SELF CARE

Relapse Prevention and Anxiety Relief  
COVID-19 Self Care

Limit Reading or Watching News

Structure Your Day

Stay Emotionally  
Connected

Morning Journal  
Plans and  
Aspirations

Listen to Healing  
Music

Meditation  
and  
Mindfulness

**WELLNESS  
SELF CARE**

Eat Healthy Meals  
Develop Sleep  
Hygiene

Move Your Body



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