

Recovery tools

Support Groups	12-Step Programs	Gratitude Practice	Relapse Prevention Planning	Medication-Assisted Treatment (MAT)
Family Therapy	Stress Management Techniques	Nutrition	Cognitive-Behavioral Therapy (CBT)	Sober Living Homes
Therapy	Continued Education	FREE	Hobbies	Journaling
Selfcare	Life Skills Training	Outdoor Activities and Nature Exploration	Healthy Boundaries	Mindfulness Practices
Exercise	Self-Help Books	Financial Management	Volunteering	Goal Setting and Achievement

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Therapy	Volunteering	Cognitive-Behavioral Therapy (CBT)	Life Skills Training	Family Therapy
Relapse Prevention Planning	Journaling	Gratitude Practice	Mindfulness Practices	Continued Education
Hobbies	12-Step Programs	FREE	Healthy Boundaries	Outdoor Activities and Nature Exploration
Goal Setting and Achievement	Support Groups	Financial Management	Selfcare	Exercise
Medication-Assisted Treatment (MAT)	Healthy Relationships	Sober Living Homes	Nutrition	Stress Management Techniques

Recovery tools

Selfcare	Healthy Boundaries	Therapy	Goal Setting and Achievement	Relapse Prevention Planning
Self-Help Books	Sober Living Homes	Volunteering	Life Skills Training	Continued Education
Outdoor Activities and Nature Exploration	Cognitive-Behavioral Therapy (CBT)	FREE	Hobbies	Gratitude Practice
Healthy Relationships	Medication-Assisted Treatment (MAT)	Exercise	12-Step Programs	Support Groups
Stress Management Techniques	Nutrition	Journaling	Mindfulness Practices	Financial Management