

Recovery tools

Support Groups	(MAT)	Healthy Boundaries	Self Awareness	Mindfulness Practices
Financial Management	Stress Management Techniques	Outdoor Activities and Nature	Comfortable being uncomfortable	Relapse Prevention Planning
Sober Living Homes	Continued Education	FREE	Nutrition	Journaling
Life Skills Training	Self-Help Books	Medication-Assisted Treatment	Recovery meetings	Selfcare
Hobbies	Healthy Relationships	Multiple Pathways of Recovery	Exercise	Family Therapy

Recovery tools

Nutrition	Mindfulness Practices	Continued Education	Sober Living Homes	Exercise
Self Awareness	Journaling	Life Skills Training	Stress Management Techniques	Comfortable being uncomfortable
Therapy	Multiple Pathways of Recovery	FREE	Financial Management	Healthy Boundaries
Recovery meetings	Relapse Prevention Planning	Outdoor Activities and Nature	Self-Help Books	Family Therapy
(MAT)	Support Groups	Volunteering	Gratitude Practice	Healthy Relationships

Recovery tools

Nutrition	Financial Management	Recovery meetings	Gratitude Practice	Comfortable being uncomfortable
(MAT)	Volunteering	Therapy	Family Therapy	Stress Management Techniques
Goal Setting and Achievement	Self-Help Books	FREE	Medication-Assisted Treatment	Relapse Prevention Planning
Multiple Pathways of Recovery	Life Skills Training	Journaling	Continued Education	Selfcare
Exercise	Sober Living Homes	Mindfulness Practices	Healthy Boundaries	Outdoor Activities and Nature