

S	P	E	A	K
Talking to Counselors	Action Plans	Get Enough Sleep	Responsibility	Peer Support
Emotional	Take Medication	Recovery	Aftercare Plan	Support System
Wellness Plan	Attend Self Help Groups	Project SPEAK	Healthy Diet	Hope
Self-Awareness	Mental	Relapse Prevention Plan	Go To Doctor For Check-ups	Physical
Education	Self-Advocacy	Exercise	Yoga	Free Space

S	P	E	A	K
Wellness Plan	Yoga	Aftercare Plan	Mental	Emotional
Responsibility	Hope	Get Enough Sleep	Physical	Attend Self Help Groups
Healthy Diet	Action Plans	Project SPEAK	Go To Doctor For Check-ups	Relapse Prevention Plan
Free Space	Talking to Counselors	Exercise	Self-Awareness	Education
Peer Support	Goals	Support System	Recovery	Take Medication

S	P	E	A	K
Self-Awareness	Go To Doctor For Check-ups	Wellness Plan	Free Space	Responsibility
Self-Advocacy	Support System	Yoga	Mental	Attend Self Help Groups
Relapse Prevention Plan	Aftercare Plan	Project SPEAK	Healthy Diet	Get Enough Sleep
Goals	Peer Support	Education	Action Plans	Talking to Counselors
Take Medication	Recovery	Hope	Physical	Exercise