Utilize Online Recovery resources
Stay connected to your support system through phone calls or video chats
Seek outpatient teletherapy services
Limit exposure to social media and the news
Be aware of your usual thoughts and triggers, but be on the lookout for new ones
Practice mindfulness
Eat balanced meals during the day
Get at least 7-8 hours of sleep
Maintain a schedule and routine to keep busy
Try a new hobby or activity
Get outdoors as much as possible, while maintaining appropriate social distance

CHECK OUT OUR VIRTUAL RECOVERY MEETINGS & RESOURCES ON OUR SITE TO GET CONNECTED!