MAINTAINING EMOTIONAL, PHYSICAL, AND SPIRITUAL DURING SELF QUARANTINE

For many of us, in recovery, long periods of isolation are reminiscent of our days of active alcoholism. During these times it is important that we take deliberate measures to remain well balanced and fit in all areas of your life so that we may remain of service to others in their time of need.

**Emotional:**
* Create a Gratitude List
* Send a letter to a distant relative
* Join online recovery groups
* Journal

**Physical:**
* Go for a walk/run
* Do an at-home workout
* Eat a good meal stay hydrated
* Get enough sleep

**Spiritual:**
* Wake-up and pray
* Listen to and sing traditional music
* Smudge
* Find new ways to be creative

**Mental:**
* Stay connect with family & friends
* Practice deep breathing
* Practice meditation
* Establish & stick to a routine