



Recover From Addiction With Support Around You

If you are trying to recover from an addiction, your friends and family might be your best resources in your recovery efforts. They can help ensure a successful recovery by helping you rebuild a full, well-balanced life. How can they do this? By leading you toward activities that nourish your physical, mental, social and spiritual health. Here are a few examples:

- **Exercise.** Exercise repairs the damage done by your addiction. It restores energy and reduces stress and tension levels. Your confidence and self-esteem will rise as you start to feel better. Choose activities that you can share with your friends and family. These might include walks, hiking, swimming, canoeing or tennis. *Talk to your doctor before beginning any exercise plan to make sure it's appropriate for you.*
- **Diet.** A healthy diet is a must for anyone. Your family can make sure the household diet is a good one.
- **Hobbies.** Hobbies and other skills provide challenge and a sense of accomplishment, both of which are important to a person recovering from addiction. Consider a sport, or take up a musical instrument, art, gardening or gourmet cooking. Sharing with your family or friends is a great way to spend time together.
- **Relax.** Stress can impede your recovery efforts, so now is the time to relax. A big part of this is just having fun. Let your friends and family help you laugh and play. If you have kids, have fun with them on their terms. Follow their silliness and curiosity. This "treatment" doubles as quality family playtime.
- **Take care of the routine, but important things.** Throughout your recovery, you'll have recovery meetings to attend, sponsors to see and so on. Your friends and family can help you keep these priorities at the top of your to-do list.

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