

RECOVERY STEP 1

!!HOMEWORK!!



LIST of RECOVERY ACTIVITIES

✅ The task is to create a **list of things you enjoy doing** and at the same time which relaxes you, fills you with positive energy. Examples are meditation, yoga, massage, facial, reading a book, walking, swimming, hiking in bushes, chatting to a friend, etc...

There might be some quick activities: chatting to a friend over cuppa, reading a book, evening meditation, morning sun salutations

There might be some major activities: hiking in bushes with family, swimming, massage.

- ✅ Schedule one short activity for each day.
- ✅ Do this short-scheduled activity! Be honest with yourself!
- ✅ Schedule one major activity for the week.

Enjoy life and rest.

You deserve it! ❤️