



## Your Toolkit for Thriving

### **Create a morning and evening ritual.**

*Adopt a daily affirmation. Set an intention. Pray.*

### **Design a recovery refuge.**

*Post a vision board, Declaration of Independence, etc.*

### **Schedule connection.**

*Attend a local event. Call a friend. Join Meetup.com.*

### **Don't believe everything you think.**

*Post a sticky note: "What is Ed saying today?"*

### **Carry a "What Works" list.**

*Keep a list of your best coping skills. Use them.*

### **Look forward to something each day.**

*A warm bath, a favorite book, a hug. Cherish it.*

### **Try something new each week.**

*Drive a new route. Taste a new food. Try scuba!*

### **"Clean house" each week.**

*Drop a body checking behavior. Donate an item.*

### **Don't forget your body.**

*Use a body sensations-feelings wheel. Move.*

### **Simplify.**

*"No" is a complete sentence. Be perfectly imperfect.*

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