

PRIORITIZE SELF-CARE: *Five Tips To Strengthen Your Recovery*

Valentine's Day may bring mixed emotions, but it's also an opportunity to focus on self-love and your recovery journey. No matter how you feel about the day, these five simple self-care practices can help nurture your mind, body, and spirit while keeping you on track with your goals.

1. *Embrace Positive Affirmations*

Start the day by saying: "I am worthy of love and healing." Affirmations can help boost self-esteem, reduce stress, and set a positive tone for your day.

2. *Take a Mindful Break*

Spend 10 minutes sitting quietly, breathing deeply, and focusing on the present moment. Mindfulness can help reduce anxiety and keep you grounded.

3. *Try a New Healthy Recipe*

Support your recovery by preparing a healthy, delicious meal. Trying something new in the kitchen is a fun and rewarding way to care for your body and mind.

4. *Journal Your Gratitude*

Write down three things you're grateful for each day. Practicing gratitude helps build emotional resilience and strengthens your recovery mindset.

5. *Practice Deep Breathing*

Calm your mind with this simple exercise: Inhale for four counts, hold for four, exhale for four. Deep breathing can reduce stress and foster inner peace.

YOU ARE NOT ALONE

Self-care is an important part of recovery, but reaching out for help is just as vital. Need extra support? Our team is here for you. Call Duffy's at (707) 709-8099 or visit www.duffysrehab.com to connect with someone who can help.

