

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.