Involvement in activities that provide meaning and purpose, including school, work, volunteering, and caregiving.

Plan to:

- Create structure and routine
- Balance your daily activities to best meet your needs and daily rhythms
- Do things with other people you care about who uplift you

Take your Wellness Pulse:  [https://alcoholstudies.rutgers.edu/wellness-in-recovery/quiz/](https://alcoholstudies.rutgers.edu/wellness-in-recovery/quiz/)

For more information contact Dr. Peggy Swarbrick at the Wellness Self-Care Program, swarbrma@rutgers.edu