
7 AREAS IN RECOVERY

1) **Healthy Eating**

The fuel we put into our bodies powers our mind and body each day. Addiction damages the body. Healing requires a combative healthy assault of fruits, vegetables, proteins, vitamins and minerals to strengthen the mind and body.

2) **Exercise**

Physical fitness is a crucial component of wellness. The body desires activity and it rewards the mind naturally with the production of chemicals that improve overall happiness. When exercise is combined with community, there are additional benefits of joy and support.

3) **Sleep and Rest**

Healthy bodies require proper sleep to regenerate. Additionally, the body is energized when we practice the art of rest. Rest is not defined as time on the couch although occasionally that is okay. True rest for the body and mind involves taking time out of our busy days to be calm, center ourselves, and breathe therapeutically. This practice is similar to meditation and can be practiced in



various forms. We acknowledge that our minds have a significant ability to affect our body's physical manifestation of stress. Therefore, methods and techniques such as meditation and biofeedback are essential for long-term sobriety.

4) **Spirituality**

An intimate relationship with our creator is the well of life. We can realize His love for us and know His amazing grace and the joy that it brings. We need to explore our relationship with God and hear what He has to say. This does not entail a rigorous study of scripture, although that may be of interest to some. It involves a deepening personal relationship with Christ.

5) **Occupational Development**

We were created for a purpose. It was a glorious day when we were born and it is an even more glorious day when we discover why we were born! Learning about our own unique talents, skills and interests leads us to discover a career that is meaningful and rewarding. Having healthy employment builds self-esteem, which is essential for long-term sobriety.

6) **Community & Service**

The emphasis here is on the "and" element because we all need community to grow, develop and experience joy, but we also need and benefit by performing service. When we reach out to help others, we experience an inner gratification that fuels us even though we are "giving" to others. Both elements: community and service are necessary for a complete, flourishing life.

7) **Recovery**

Recovery is the most essential element of life because without it all is lost. However, long-term recovery cannot be the sole focus or we can become quickly disillusioned. Respecting the value of recovery in our life means recognizing how it is the thread in the tapestry of your life. It is crucial but it is only one part of what defines you.