



# *Ultimate* **COVID-19 SOBRIETY GUIDE**

**1**

## **DEVELOP NEW ROUTINES**

Structure can help us feel more stable. Maintain familiar routines as much as possible or develop new routines. If cultivating an entirely new routine feels overwhelming, practice self-compassion and consider focusing on just one part of your day, like your morning or evening routine. Moreover, prioritize whatever allows you the mental and emotional space to feel your best.

**2**

## **STAY CONNECTED WITH YOUR SUPPORT SYSTEM**

While there is no replacement for connecting with people in-person, leveraging technology can be extremely helpful to nurture positive and supportive relationships during social distancing. There are a lot of support options, like Alcoholics Anonymous, that are now providing virtual options to connect. Consider using video, rather than just audio or messaging.

**3**

## **DO MEANINGFUL THINGS WITH YOUR FREE TIME**

Prioritize healthy nutrition - Engage in regular exercise - Check on neighbors - Participate in virtual social activities - Play with pets - Engage in relaxing activities - Practice yoga or religion - Appreciate music or art - Spend time in nature - Read. - Learn a new language - Listen to podcasts - Watch documentaries - Play games - Solve puzzles

**4**

## **AVOID AND COPE WITH RELAPSE TRIGGERS**

Relapse triggers can be people, places, things, thoughts or emotions that lead you to think about using. While avoiding these and other relapse triggers is ideal, total avoidance is not always possible. Understanding your triggers can help you identify healthy ways to cope should they arise.

**5**

## **MANAGE STRESS**

While there is no one-size fits all solution to managing stress, maintaining routines, participating in fun or intellectually stimulating activities, cultivating hobbies and focusing on the things you can control, like hand washing, can all be helpful. Practicing relaxation techniques, like stretching, meditation and other self-care activities, may also help.

6

## CONTINUE TREATMENT, THERAPY & SUPPORT GROUPS

If you are currently in treatment, engaged in therapy or involved in support groups, continue to participate safely. Many outpatient recovery programs, therapists and support groups are providing their services virtually by leveraging video-conferencing.

7

## STAY CONNECTED TO THE PRESENT MOMENT

Practicing mindfulness is one of the best ways to focus on the present moment by engaging with intentionality in the world around you. There are many ways to practice mindfulness, including intentional breathing, paying attention to the five senses and meditating.

**Mindfulness Apps:** Insight Timer, Smiling Mind, Calm and Headspace.

8

## PRACTICE GRATITUDE

When faced with adversity, people who practice gratitude experience improved health outcomes and lower rates of depression and anxiety.

**Journal:** Consider starting a list of people, places, experiences and small, daily things for which you are grateful. Set aside a few minutes each week to grow your list.

9

## TAKE ADVANTAGE OF ONLINE RESOURCES

**Apps:** Twenty-Four Hours a Day, 12 Steps Companion, I am Sober, Sober Tool, Nomo, 12-Step Meditation Daily Reflections, Sober Grid

**Podcasts:** The Addicted Mind, ODAAT Chat, Recovery Happy Hour, That Sober Guy, Recovery People, The Bubble Hour, AfterPartyPod, Recovery Radio, Clean and Sober Radio

10

## MONITOR RELAPSE WARNING SIGNS

Relapse warning signs are subtle clues that a person in recovery may be moving towards a relapse. Recognizing and monitoring relapse warning signs can help you intervene and prevent a relapse from happening. If you or a loved one is experiencing relapse warning signs, confide in your support system and seek help.



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