

PROTECTING YOUR RECOVERY

It is important for individuals in recovery from substance use disorders to create plans to protect their recovery during the COVID-19 outbreak. Here are some ways to support connection and ensure that isolation doesn't lead to relapse.

Stay connected and create a sober network

- Reach out to a sponsor, trusted friend, family member, or mental health professional for support.
- Call the Peer2Peer Regional Warm Line where local Certified Peer Recovery Specialists are on call 24 hours a day, 7 days a week. 1-833-626-1490
- Attend a virtual support group meeting. You can join online 12 step meetings through Narcotics Anonymous (narcotics.com), Alcoholics Anonymous (aa.org), or SMART Recovery (smartrecovery.org). Many of the 12 step programs also offer phone or chat support.
- Download the "Connections" App on your smartphone which was launched by the Addiction Policy Forum.

Create a daily schedule

- A daily routine is critical for individuals living with addiction. Try to maintain a sense of structure, but allow your schedule to be flexible.

Stay active – both for your physical and mental health

- Have an exercise plan. You could go for a walk outside, while maintaining social distancing. You could also engage in exercises that can be found online or on TV.
- Meditate. There are free apps that offer guided meditation.

Start a project or a new hobby

- Cooking, art, reading, music, meditation, exercise, or yoga can help to alleviate stress and anxiety. Hobbies can provide pleasure and, in some instances, relaxation that can distract the mind from current events and triggers.