



## **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 The Camp Recovery Center at (831) 269-5578 or visit [www.camprecovery.com](http://www.camprecovery.com) to connect with someone who can help.**