



You are the driver on the road
to your Wellness and Recovery.



Advocate for yourself.



Get the care you need.



Manage Stress.



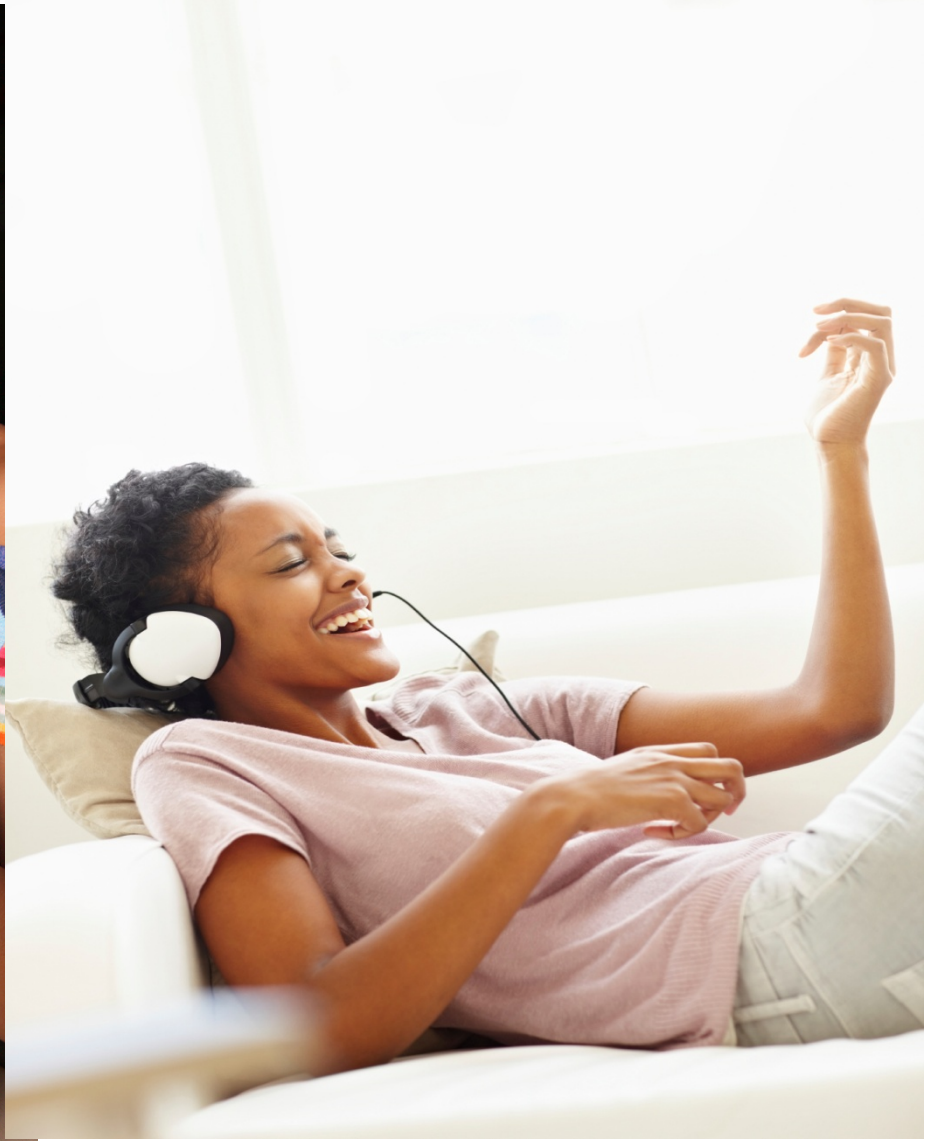
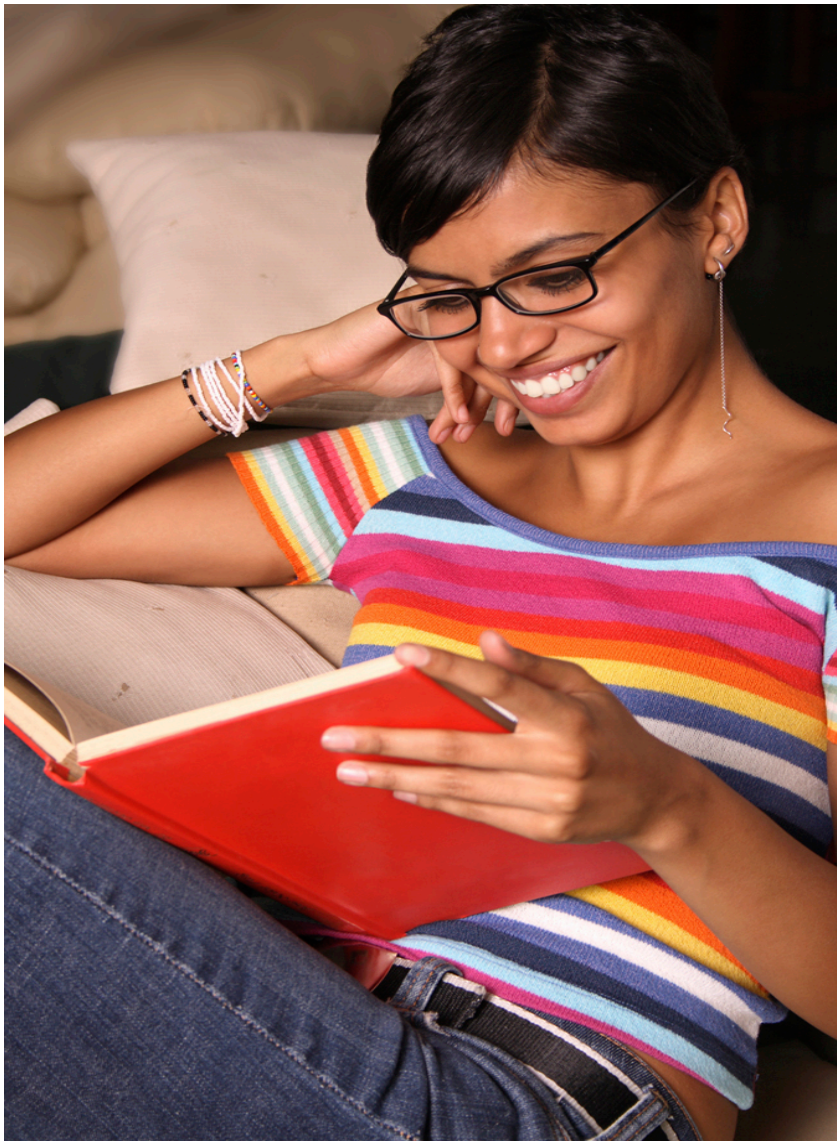
Plan your sleep schedule.



Watch what you eat.



Exercise in a fun way.



Do something you enjoy.



Volunteer.



Connect with others.



Develop a plan... [A Wellness Recovery Action Plan](#)