

20 Things You Can Do To Keep Healthy Recovery During Uniquely Challenging Times...

1. Outdoor activities - have FUN – ex. Gardening
2. Connect with nature
3. Read Affirmations
4. Learn something NEW
5. Make outreach calls and share contact information with people in meetings
6. Take a walk – use different routes, trails, etc.
7. Let the sun hit face
8. Companion with pets. Appreciation and communication of love
9. Zoom meetings especially with your regular groups to keep in touch
10. Zoom meetings travel around your state or the world in new ACA meetings
11. [Intheroom.com](https://www.intheroom.com) meetings
12. Take a Walk
13. Read recovery books and/or true escape reading for enjoyment
14. Watch YouTube videos about the spirituality that comfort you
15. Plan for the future like vacations, parties, etc.
16. Take a peaceful drive through the country
17. Do service work for ACA
18. Volunteer to help with the needs in your area
19. Reach out by phone or text fellow travelers
- 20. Add One and Share It!**