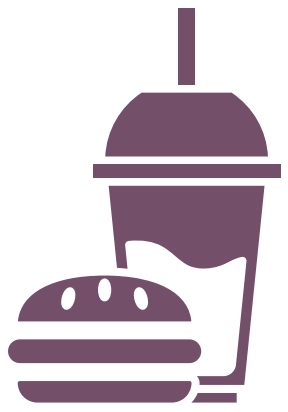


Recovery Check-In

Does my body need....



Food/Drink



Rest



Hygiene



Medicine

Do my senses need more or less....



Light



Sound



Touch



Movement

Does my heart or mind need....



Friendship



Hobbies



Nature



Mindfulness

Does my space need....



Cleaning



Decorating



Decluttering



Support

