

# BALANCE IN RECOVERY

Take a 30 minute walk every day. It is the ultimate antidepressant.

**Live with the 3 E's -- Energy, Enthusiasm, and Empathy.**

Make time to practice meditation, and prayer.

**Spend time with people over the age of 70, under the age of 6.**

Eat more foods that grow on trees and plants. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds and apples.

**Clear clutter from your house, your car, your desk and let new flowing energy into your life.**

Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime. Invest your energy in the positive present moment.

**Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.**

Smile and laugh more. It will keep the NEGATIVE BLUES away.

**Don't take yourself so seriously. No one else does. Life isn't fair.**

You don't have to win every argument. Agree to disagree.

**Make peace with your past so it won't spoil the present.**

Don't compare your life to others. You have no idea what their journey is all about. No one is in charge of your happiness except you.

**Frame every so-called disaster with these words: in five years, will this matter? Forgive everyone for everything. However good or bad a situation is, it will change.**

What other people think of you is none of your business.

**REMEMBER Creator heals everything.**

Your job won't take care of you when you are sick. Your friends will. Stay in touch.

**Get rid of anything that isn't useful, beautiful or joyful.**

Envy is a waste of time. You already have all you need.

**No matter how you feel, get up, dress up and show up. Do the right thing!**

Each night before you go to bed complete the following statements:

I am thankful for \_\_\_\_\_. Today I accomplished \_\_\_\_\_.