

### Tip #1: Small steps

Allow yourself to take small steps in your recovery work.

Use the “Weekly Scorecard” to help you keep track of the small steps you're taking. Print one form for each week. At the beginning of the week, you can ask yourself: “For this coming week, how many minutes a day am I willing to invest in my recovery?”

There is no need to be exact – just keep an approximate record. The main point is: you get credit for every minute you invest in your recovery.

### Tip #2: Keep a daily journal

Choose a notebook to use for a daily journal. You can write about your thoughts, feelings and experiences. It's especially helpful to write about your own healing path – about the challenges, the ups and downs, and what you are learning. To help you see your progress over time, jot down the date for each entry.

### Tip #3: Less caffeine

Gradually reduce the amount of caffeine that you're consuming. This means coffee, tea, most soft drinks, energy drinks and chocolate. If you are consuming a lot of caffeine, make sure you reduce it gradually.

### Tip #4: Less sugar, more fresh fruit

Gradually reduce the amount of sugar that you're eating. Increase the amount of fresh fruit that you eat. Many people report less sugar cravings when they eat more fresh fruit.

### Tip #5: Less alcohol

If you drink alcohol, reduce the amount you drink to a maximum of one drink a day. If you're taking medication for anxiety, it's best to eliminate alcohol altogether.

### Tip #6: Chamomile tea

Add chamomile tea to your daily routine. If you're currently drinking coffee or tea, try gradually substituting with chamomile tea.

### Tip #7: Choose an activity you can really focus on

Choose an enjoyable activity that you can get completely immersed in. Examples of activities to choose from:

- games that are fun for you
- interests that you feel passionate about.

Then, really let yourself get engrossed in the activity.

### Tip #8: Aerobic exercise

If it's not comfortable to exercise right now because of PDA, don't worry about it. As you make progress with your recovery, you'll be able to enjoy healthy exercise that makes you feel good and lowers anxiety.

If you are comfortable doing some aerobic exercise now, here are some tips:

- a) Choose a form of exercise that you enjoy. Walking, jogging, swimming, dancing, aerobic videos and home exercise machines are all great.
- b) If you haven't exercised much lately, build up gradually.
- c) If you have any health concerns about exercising, be sure to check with your doctor before you start.

### Tip #9: Try a warm bath

There is something very relaxing about being immersed in warm water. If this sounds appealing to you, give it a try.

### Tip #10: Laughter

Think about things that make you laugh. Do you have a favorite TV show that makes you laugh? Do you have a friend that really makes you laugh, but maybe you don't see that much? When something strikes you as funny, really let yourself go – and have a good laugh.