

ONE DAY AT A TIME Mindfulness

**1 min Body
scan**

**Consume
water
hourly**

**4 deep
Breathes**

**Name 5
things
you can
see**

**Mindfully
Eat
regularly**

**Name 5
Sounds
you hear**

**One task
at a time**

**Mindful
Walking
for 2 min**



Thriving
IN SOBRIETY