

SUPPORTING YOUR OWN RECOVERY DURING COVID-19

“Remember to take care of yourself. You cannot pour from an empty cup.”
- Unknown

VIRTUAL MEETINGS

NA Resources

- <http://na-recovery.org/>
- http://12stepforums.net/narcotics_anonymous_online_meeting.html
- <https://virtual-na.org/meetings/>

AA Resources

- <https://unityrecovery.org/digital-recovery-meetings>
- <http://aa-intergroup.org/directory.php>
- http://12stepforums.net/alcoholics_anonymous_online_meeting.html

SMART Recovery

- <https://www.smartrecovery.org/community/>

Secular Recovery

- <https://www.lifering.org/online-meeting-schedule>

AI-NON

- http://12stepforums.net/alcoholics_anonymous_online_meeting.html

In the Rooms- an online support for anyone dealing with an addiction

- <https://www.intherooms.com/home/>

Recovery Dharma: “Healing from Addiction with Buddhist Practice”, daily meetings via computer, smartphone or dial-in (provided when you reach out via email contact sheet)

<http://recoverydharma.online/>

PRIORITIZE YOUR OWN RECOVERY

These times can be especially triggering when navigating your own recovery. Be mindful of how COVID-19 has impacted your recovery and actively take steps to care for yourself.

- *Ask for what you need*
- *Journal*
- *Rely on your spiritual practice*
- *Speak with your sponsor or another person in recovery - remember, it only takes two to make a meeting*
- *Use social media to check in with others and maintain your relationships while social distancing*
- *Limit news and media intake to only what is essential*
- *Try new hobbies*
- *Learn new things*
- *Express how COVID-19 is affecting your recovery with trusted individuals*
- *Try virtual options for tracking and supporting your recovery, such as the app found here:*
<https://www.addictionpolicy.org/post/free-app-to-support-people-in-recovery-during-covid-19-outbreak>

Remember, we are in this together. Be your own advocate and express your needs. We are here to support you.

