

National Recovery Month Tips of the day

WEEK 1: Mindful Beginnings – Reclaiming Self

- 1 Create a Morning Ritual**
Start your day with a breath or a short prayer. Intention grounds you in recovery.
- 2 Hydrate with Purpose**
Drink water with gratitude.
- 3 Affirm Your Journey**
Write or recite: I am healing. I carry strength from those who walked before me.
- 4 Practice Digital Fasting**
Spend a few hours device-free. Be present with yourself and the natural world.
- 5 Light a Candle or Burn Sage**
Create sacred space to release negativity. Acknowledge your growth and resilience.
- 6 Reflect in Silence**
Sit quietly outside or in your home. Listen to your inner voice, the wind, or the birds.
- 7 Offer a Small Prayer**
Acknowledge the Earth's support in your healing.

WEEK 2: Body and Spirit – Healing Through Connection

- 8 Move in a Sacred Way**
Walk, stretch, dance, or practice yoga with the intention of honoring your body.
- 9 Prepare a Nourishing Meal**
Cook with love. Use traditional or whole foods. Food can be medicine.
- 10 Use Traditional Medicine**
Smudge, drink cedar or mint tea, or sit near healing plants. Let them support your spirit.
- 11 Connect With an Elder or Mentor**
Call, sit with, or learn from someone wise in your circle. Healing grows in shared stories.
- 12 Write a Letter to Your Ancestors**
Express gratitude, ask for guidance, or share your progress.
- 13 Take a Healing Bath**
Add cedar, salt, or herbs. Let water wash away stress and pain.
- 14 Name Your Emotions**
Use journaling or drawing to identify and release difficult feelings. Truth is part of healing.

WEEK 3: Nature as Medicine – Reconnecting With Earth

- 15 Spend Time on the Land**
Sit under a tree, touch the soil, or walk barefoot. Feel your connection to the Earth.
- 16 Watch the Sunrise or Sunset**
Let the sky teach you about cycles of hope, rest, and renewal.
- 17 Create a Nature Offering**
Leave food, flowers, or other traditional plants near water or a tree. Offer thanks to the land.
- 18 Listen to the Natural World**
Turn off distractions. What do the wind, water, or animals tell you today?
- 19 Gather Natural Materials for Art**
Make a mandala, medicine wheel, or craft using leaves, stones, and feathers.
- 20 Follow the Moon**
Notice its phase. Reflect on what you need to grow or let go of in your recovery.
- 21 Take a Land-Based Nap or Meditation**
Lie on the ground, a blanket, or near a window. Imagine being held by the Earth.

WEEK 4: Community, Ceremony, and Continuity

- 22 Join a Talking Circle or Recovery Group**
Healing is communal. Speak and listen with respect, honesty, and presence.
- 23 Create a Vision Board or Healing Bundle**
Include symbols, words, or medicines that represent your recovery path and values.
- 24 Sing or Drum a Healing Song**
Even a simple hum or heartbeat rhythm helps regulate and uplift the spirit.
- 25 Make a Gratitude List**
List things like your Tribe, stories, language, land, and community traditions.
- 26 Reconnect With Your Language**
Learn a word, prayer, or dance. Even small acts restore cultural wellness.
- 27 Set Boundaries With Love**
Say no when needed. Create space for your healing. Boundaries are acts of self-care.
- 28 Attend or Create a Personal Ceremony**
Honor your recovery with smudging, songs, a fire, or a circle even privately.
- 29 Celebrate a Small Victory**
Share your progress with a friend, ancestor, or community. Celebrate the small wins.
- 30 Honor the Circle of Life**
Reflect on your journey as a sacred hoop. Healing is lifelong, and you are part of a larger circle of hope and resilience.

