



Retaining Recovery

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How I'm coping

1. Maintaining routine, including meetings, work, teaching and life
2. Living in the present
3. Exercising, taking a walk, and fresh air...amazingly simple
4. Reaching out
5. Sharing at meetings. Now's the time to dig deep!
6. Call a friend
7. Praying, meditating, focusing on breathing...find what works
8. Sitting with being choked up and on the verge of tears
9. Managing expectations – I can't cure COVID-19, but I can...
10. Work that 'to-do' list! Get your mind off of the current situation

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I generally avoid sharing my Do Not's,
but I *try* not to

1. Spend too much time on social media
2. Negative self-talk. Simply not helpful...
3. Eat too much unhealthy food...gotta keep my immune system up!
4. Online shop
5. Watch the news 24/7. Find the fine line.

Resources

**PREVENT
OVERDOSE RI** 



**RECOVERY
DHARMA**



**Alcoholics
Anonymous®**



**SMART
Recovery®**



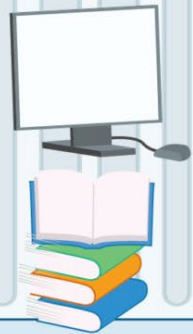
In the Rooms

International Self-care Foundation

SEVEN PILLARS OF SELF-CARE

1

Knowledge
&
Health
Literacy



2

Mental
wellbeing



3

Physical
Activity



4

Healthy
Eating



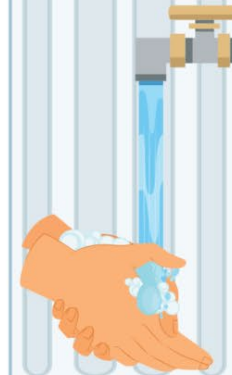
5

Risk
avoidance



6

Good
hygiene



7

Rational
use of
products
& services



Local Resources and Services



- 401-331-1244
- 830a - 430p
- The Counseling Center
- Keshet
- Case Management
- Louis and Goldie Chester Full Plate Kosher Food Pantry
- Meals on Wheels



- Resources about Schools



- 401-222-8022



- In Rhode Island call **211**
- Financial assistance may be available



- 401-414-5465
- 24/7 crisis assessment
- Substance use disorder assessment
- Crisis/suicide hotline
- Housing and basic needs



- 401-278-9100
- Resource for small to medium business in RI