Here is the bullet points for Self Care in Recovery

Reaching out to others…support group, sponsor, therapist, peer counselor/coach
Stress relaxation and meditation/visualization exercises or CD's
Eat regularly and reduce amount of sugar and carbohydrates
Journal writing…feelings journal…workshop exercises/writing
Step work…writing..sharing
Long walks, being in nature
Hobbies, doing fun things
Being around supportive friends and family..surrounding self with positive, affirming and loving individuals and groups
Spiritual support and inspiration and activities, going to church/temple
Exercise regularly
Daily planning…having a plan…planning the plan but not outcome
10 minutes of a sunbath
Go to a meeting…an extra meeting that week…share in meeting
Do something that makes you laugh…(watch a funny movie)
Take a warm bath, get a massage, listen to music
Wear something that makes you feel good
Do normal activities like going to work, shaving, washing your hair
Make a list of your accomplishments, make positive affirmations list
Do something nice or special for someone else, help someone else (get out of yourself)
Be grateful and focus on the "here and now"/make a gratitude list
Distract yourself, take a time out,

Avoid:
Alcohol, sugar, caffeine
Going into bars
Getting overtired (HALT)..like don't get too Hungry, Angry, Lonely, Tired
Certain people (negative or people who trigger you)

Daily Maintenance List
Shower
Brush teeth
3 healthy meals and snacks
Drink 6 8oz glasses of water
20 minutes of relaxation or meditation
Exercise for ½ hour
Take medications or vitamins/supplements
Write in journal 15 minutes a day/inventory
Spend 30 minutes enjoying a fun, affirming or creative activity