



NEW JERSEY HEALTH & WELLNESS

AFTERCARE

YOUR 30-DAY WELLNESS & AFTERCARE PLAN

MENTAL HEALTH • SUBSTANCE USE RECOVERY • WHOLE-PERSON WELLNESS

Healing doesn't stop when treatment ends.

Whether you're navigating mental health challenges, recovering from substance use, managing everyday stress, or receiving wellness services at New Jersey Health & Wellness (NJHW), this 30-day plan is designed to help you build healthier routines, regulate your emotions, reconnect with yourself, and protect your progress.

Each day includes one simple, intentional action that supports your mind, body, and overall well-being.

MY WELLNESS PROGRESS

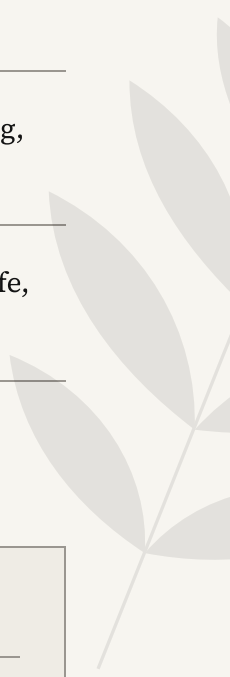
_____ / 30 days completed

Mark each activity as you complete it. You can return to any practice whenever you need it.

Small steps. Meaningful progress. One day at a time.

FIND YOUR BALANCE

Build safety, stability, and awareness of how you're feeling.

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|--------------------------|-----------|--|
| ☐ | DAY
01 | Complete a personal check-in. Rate your anxiety, mood, stress, and cravings (if applicable) from 1–10. |
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|--------------------------|-----------|--|
| ☐ | DAY
02 | Identify three emotional or environmental triggers that affect your mental health, recovery, or stress levels. |
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|--------------------------|-----------|---|
| ☐ | DAY
03 | Practice five minutes of slow breathing. Notice how your body feels before and afterward. |
|--------------------------|-----------|---|
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|--------------------------|-----------|---|
| ☐ | DAY
04 | Create a morning routine: hydrate, eat breakfast, take prescribed medications, and set one intention. |
|--------------------------|-----------|---|
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|--------------------------|-----------|---|
| ☐ | DAY
05 | Identify three trusted support contacts and save their numbers in your phone. |
|--------------------------|-----------|---|
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| ☐ | DAY
06 | Take a 15-minute walk without distractions. Pay attention to your breathing, surroundings, and thoughts. |
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- | | | |
|--------------------------|-----------|--|
| ☐ | DAY
07 | Reflect on your week. What increased your stress? What helped you feel safe, calm, or supported? |
|--------------------------|-----------|--|
-
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WEEKLY REFLECTION

UNDERSTAND YOUR MIND & BODY

Recognize patterns and practice healthier responses.

☐ DAY
08

Notice one negative thought pattern and write a more balanced, compassionate response.

☐ DAY
09

Create a personal coping list with five alternatives to substance use, isolation, or unhealthy stress responses.

☐ DAY
10

Practice a grounding technique: name five things you see, four you feel, three you hear, two you smell, and one you taste.

☐ DAY
11

Check in with your treatment provider or support person about your mood, sleep, symptoms, or cravings.

☐ DAY
12

Spend 20 minutes doing something restorative, such as reading, stretching, art, or listening to calming music.

☐ DAY
13

Review your sleep habits. Choose a bedtime and reduce screen use 30 minutes before bed.

☐ DAY
14

Reflect on whether you've noticed changes in mood, tension, sleep, cravings, or emotional regulation.

WEEKLY REFLECTION

STRENGTHEN YOUR RECOVERY & RESILIENCE

Develop confidence, healthy boundaries, and connection.

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- ☐

DAY
15

Identify an early warning sign of emotional distress, relapse risk, or burnout and choose a response.

 - ☐

DAY
16

Practice setting one healthy boundary with a person, activity, or situation that increases your stress.

 - ☐

DAY
17

Connect with a supportive friend, family member, therapist, peer, or recovery community.

 - ☐

DAY
18

When a difficult emotion or craving appears, pause, name it, and practice a coping skill before reacting.

 - ☐

DAY
19

Spend at least 20 minutes engaging in meaningful movement or an enjoyable activity.

 - ☐

DAY
20

Write down three personal strengths that have helped you overcome challenges.

 - ☐

DAY
21

Reflect on one difficult moment this week. What did you learn, and what would you do differently?

WEEKLY REFLECTION

BUILD LASTING WELLNESS

Turn short-term progress into sustainable daily practices.

- ☐ DAY
22 Review your progress. Compare your current mood, stress, sleep, and cravings with your first week.
- ☐ DAY
23 Create a personalized wellness routine that includes sleep, nutrition, movement, and emotional support.
- ☐ DAY
24 Identify three situations that could disrupt your progress and write a specific coping response for each.
- ☐ DAY
25 Review your treatment recommendations, scheduled appointments, and any prescribed medication plan.
- ☐ DAY
26 Choose two wellness habits you can realistically continue for the next 30 days.
- ☐ DAY
27 Write a personal commitment statement describing why your mental health, recovery, and well-being matter.
- ☐ DAY
28 Celebrate a meaningful accomplishment and share your progress with someone you trust.

WEEKLY REFLECTION

CONTINUE YOUR JOURNEY

Use what you've learned to build a plan for the weeks ahead.

☐ DAY
29

Create a personal wellness and relapse-prevention plan, if applicable. Include triggers, coping skills, support contacts, treatment appointments, and steps to take when symptoms worsen.

☐ DAY
30

Reassess your emotional and physical well-being. Identify three positive changes, three goals for next month, and the professional or personal support you'll use to maintain progress.

MY NEXT 30 DAYS

THREE POSITIVE CHANGES I'VE NOTICED

- 1 _____
- 2 _____
- 3 _____

THREE GOALS FOR NEXT MONTH

- 1 _____
- 2 _____
- 3 _____

A NOTE ON CARE

This plan supports—but does not replace—professional care or an individualized treatment plan. If you are in immediate danger or experiencing a crisis, call **911** or **988** in the U.S.