A SMALL STEP FOR TODAY

Your Recovery Resource Kit

Practical pages for difficult moments, daily reflection, and finding support.

Free to use • No sign-up required • Print or save on your phone

How to use this kit

You do not need to complete everything. Choose one page that fits what you need today. You can revisit these exercises whenever they are useful.

Page 2: A short plan for stressful moments and cravings.
Page 3: A personal check-in and a next-step plan.
Page 4: People, places, and trusted support options.

A recovery-centered reminder

Recovery is not a test of perfection. Progress can include asking for help, changing a plan, or beginning again. You decide which healthy steps fit your situation.

What this resource is - and is not

Created for educational and peer-support use, informed by the perspective of a certified Peer Recovery Support Specialist (PRSS). It does not provide diagnosis, medical advice, therapy, detox instructions, or emergency services. It is not a substitute for care from a qualified professional.

If you might be in immediate danger or have a medical emergency, call 911 in the United States. If you are in emotional distress or experiencing a suicidal crisis, call or text 988.

A simple reset plan

When stress or an urge feels intense, focus on one manageable action at a time. These are optional coping ideas, not a replacement for professional care.

Try this five-step check-in

1. Notice What am I feeling right now? Name it without judging yourself.

2. Ground Place your feet on the floor. Look around and name five things you can see.

3. Breathe comfortably Take a few slow, natural breaths. Stop or change the exercise if it makes you uncomfortable.

4. Create some space If it is safe, move away from a trigger, put down your phone, drink water, or take a short walk.

5. Connect Message or call a trusted person, meeting contact, or support service.

My two-minute plan

One feeling I can name: _____

One safe action I can take now: _____

One person or resource I can contact: _____

I will check in with myself again at: _____

If the urge stays strong

You can repeat a safe step, change your environment, or reach out for additional support. If withdrawal symptoms, overdose risk, or other medical concerns are present, seek qualified medical help rather than trying to manage them with this worksheet.

My daily recovery check-in

This page is for noticing patterns and choosing one next step. Skip any question that does not feel helpful.

Today, in a few words

My mood today:

One thing that felt difficult:

One thing I handled or did well:

A healthy coping skill I used or could try:

Someone or something that helped me:

One thing I am grateful for:

My next small step

Within the next 24 hours, I would like to:

What could make that step easier?

If my plan changes, another helpful step could be:

Privacy tip: If you write sensitive information, keep this page somewhere private. You never have to share it.

My connection and resource map

Support may come from peers, family, friends, recovery groups, community organizations, or licensed professionals. Choose people and resources that feel safe and respectful.

My support contacts

Person or group I can contact: _____

Best way to reach them: _____

A backup person or group: _____

A place or activity that helps me feel grounded: _____

Trusted starting points

988 Suicide & Crisis Lifeline: Call or text 988 in the U.S. for crisis support. 988lifeline.org

SAMHSA National Helpline: 1-800-662-HELP (4357) for confidential treatment referral and information in the U.S. samhsa.gov/find-help/national-helpline

FindTreatment.gov: Search for treatment providers and services. findtreatment.gov

211 Arizona: Explore Arizona community services and basic-needs resources. 211arizona.org

Pathways to Behavioral Wellness: Educational articles, everyday coping resources, and Arizona community resource links. pathwaystobehaviorwellness.com

One connection I will make

I plan to contact: _____

When: _____

Resource information can change. Confirm current hours, eligibility, and services directly with each organization.