

Adulting

We hear the term but what does it really mean. Simply coming out of addictions into recovery we are suddenly faced with the fact that we have to deal with adult issues. Things like:

- Cooking
- Paying bills
- Managing finances
- Keeping up with laundry
- Resolving conflict
- Self care

Why is it so important:

- Feed yourself
- Pay for housing
- Pay your utilities
- Save for retirement
- Taking care of your car
- Taking care of things you own

If these tasks feel overwhelming to you consider the following:

- Delegating tasks when possible
- Watching a YouTube video to learn about basic household repairs
- Following influencers who teach the skill you need help with
- Seeking the help of a mental health professional

There are free resources available to help you with things like:

- Financial planning
- Repairs
- Group sessions
- Advice on budgeting
- How to do self-care
- Cooking skills