



Stack the Chips in Your Favor: Tips to help ensure your **Successful Recovery**

1. **Take your meds exactly as prescribed.** Taking extra is not only dangerous but will result in your running out before your next refill. *You won't be happy.*
2. Plan vacations and special occasions around your Provider appointments. **Buprenorphine scripts are not given early for any reason.** This could put a damper on a trip.
3. **Eat well.** Increase your intake of fresh fruits and vegetables. *Your appetite should pick up.* Don't ignore it!
4. Surround yourself as much as possible with **positive people**. Negative people can lead to recovery setbacks. *Avoid the drama whenever you can.*
5. **Be happy.** You've taken the very difficult step of getting help. Treat yourself. You deserve it.