

Finding Emotional Balance



Sandy's Situation

Sandy, age 43, has five years of sobriety. She recently lost a sibling to suicide, has a challenging relationship with a teenage child, and is generally feeling out of sorts. She meets with a staff member upon arrival at Hazelden, discusses the questionnaire she completed in advance, and together they agree upon the schedule she would benefit from most.

Sandy's Path

With less than one week available for her renewal experience, Sandy's staff-recommended sessions include: Codependency and Boundaries, Balancing Service and Self-Care, Grief and Recovery, and Basics of Meditation. In addition, Sandy is interested in learning more about Blocks to Spiritual Growth, Equine-Assisted Learning, and yoga. Incorporated into her daily schedule are morning and afternoon reflection groups and lectures.

Sandy's Schedule

DAY	AM	PM
Monday	Steps One, Two, and Three	Blocks to Spiritual Growth
Tuesday	Relief from the Bondage of Self	Balancing Service and Self Care
Wednesday	Codependency and Boundaries	Grief and Recovery
Thursday	Practical Spirituality	Equine-Assisted Learning
Friday	Basics of Meditation	Depart at 2 p.m.

Daily Schedule

Meditation and yoga classes, guest lectures, wonderful meals, and plenty of personal time are all a part of the Lodge experience.

7:15 a.m. to 7:45 a.m.	Morning Reflection
7:45 a.m. to 9:00 a.m.	Breakfast
8:30 a.m. to 9:00 a.m.	Optional Lecture
9:15 a.m. to 10:15 a.m.	Yoga
10:30 a.m. to 12:00 p.m.	Group
12:00 p.m. to 1:00 p.m.	Lunch
1:00 p.m. to 1:30 p.m.	Optional Lecture
2:00 p.m. to 4:00 p.m.	Group
4:00 p.m. to 5:00 p.m.	Personal Time
5:00 p.m. to 5:30 p.m.	Afternoon Reflection
5:30 p.m. to 6:30 p.m.	Dinner
7:00 p.m. to 7:30 p.m.	Optional Lecture
7:30 p.m. to 10:00 p.m.	Personal Time