

Fulfilling Ways to Make a Living During Recovery



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Addiction disrupts your life in countless unexpected ways. It strains relationships, creates financial burdens, and even disrupt your career. If you or a loved one have chosen to get clean and sober, congratulations on making the best possible choice for your health and happiness. As you work the twelve steps (or whichever recovery method works best for you) and journey toward sobriety, it's important to consider how you can [support your recovery](#) in all areas of your life. In addition to reducing stress, becoming more spiritual, getting enough sleep, and taking part in healthy social activities that don't involve drugs or alcohol, you might also consider how your current job might be helping or hurting your sobriety.

Whether your recovery journey includes time in a facility, time at AA meetings, or even just extra time on the yoga mat, you might come to the realization that your current job is actually holding you back from getting sober. Perhaps you love your job but need to devote more time to your recovery or addiction treatment facility. On the other hand, perhaps you start to realize that the [stress](#) or work environment is directly driving you to drink or use. Additionally, you might want to keep your current job but pick up a second job to help pay for recovery treatments.

A fulfilling, enjoyable side gig can often help you make ends meet while remaining on track. Whether you're looking for full-time or part-time work, here are some ideas for how you can make a living while getting clean and sober:

Taking Care of Yourself

Stress is a major trigger for relapse. Be sure to choose a field of work that won't contribute to increasing your stress levels. Of course, all jobs have good days and bad days - and even the job search itself can be stressful. That's why [you should implement](#) daily self-care practices to help keep stress at a minimum. In addition to keeping your recovery on track,

self-care helps boost the immune system, increases productivity, and can even improve your self-esteem.

Dog Walking & Pet Sitting

In addition to implementing stress reduction techniques like the ones mentioned above, you may also want to consider employment options with minimal stress. If you enjoy being around animals, two great options include dog walking or [pet sitting](#). Thanks to today's gig economy, both of these fulfilling activities can be excellent ways to make money during your free time.

Unlike the conventional stress-filled office, dog walking allows you to [be your own](#) boss, set your own hours and spend the workday outdoors. If this sounds like something you would be interested in, connect with friends, family members, and neighbors who have dogs. Ask if they would be interested in a dog-walking service or if they might need a pet sitter.

E-commerce

If you're passionate about business, marketing, and unique products, consider [branching out](#) into the world of e-commerce. It is easier than ever to create your own online store using services like Shopify or Etsy.

Shopify allows you to set-up your own online store in a matter of hours. All you need to do is simply choose a layout, upload pictures, add product descriptions, and you're ready to sell!

Meanwhile, Etsy is an e-commerce platform that connects creators of bespoke, artisan products with potential buyers. If you love making candles, soap, jewelry, clothing, or other one-of-a-kind items, Etsy can [help you](#) sell them.

Teaching and Tutoring

Teaching or tutoring can be a great way to make extra money while socializing and sharing your knowledge. For instance, if you play an instrument, consider teaching private [classes](#) to either adults or children. You could create a dedicated space in your home where you would gather with students and practice guitar, piano, ukulele, or whatever your musical passion might be.

Don't play an instrument? Not to worry! Tutoring key subjects can be a great way to bring in extra cash while enhancing your own knowledge base. Children, university students, and working adults can require tutoring for a number of reasons. Common [areas](#) in need of tutors include math, English, physics, and chemistry. While conventional tutoring is often conducted in a home, library, or learning center, online tutoring platforms are becoming increasingly popular for both tutors and students. Becoming an online tutor [can be](#) can be as easy as submitting an application, uploading a resume, and showing proficiency in the given tutoring subject.

The Options are Endless

As you can see, there are countless options for ways to make some extra income during addiction recovery. By incorporating healthy coping mechanisms and self-care, along with choosing the right job or side gig, you can make ends meet without increasing your stress or compromising your recovery. Remember, addiction recovery is a time of profound life changes and personal growth. If you don't feel ready to work full-time, or are currently searching for work, a lucrative side gig might be a great solution for avoiding common workplace stressors while making a bit of extra money.