



08 TIPS TO ADDICTION THERAPY

THESE ADDICTION THERAPY TIPS WILL HELP YOU TO STAY SOBER AND BECOME ADDICTION-FREE.

TIP : 1

Stay Out of Risky Situations

Don't spend time with someone you used to use drugs with or go somewhere to drink and do gambling. Take a new pathway

TIP : 2

Find a Peer Support Group

Anonymous Addiction Organizations, Narcotics Anonymous are the ways to build a support network. You can join different meetings to find the right groups for you.

TIP : 3

Manage Your Urges

Urges only last for 15 to 30 minutes, it can be hard to fight them off. But You might try a substitute, like chewing gum or a personal mantra to keep you busy.

TIP : 4

Find an Activity That gives you Joy

You can start to do exercise or play an activity that Releases brain chemicals called endorphins, which can make you feel good.

TIP : 5

Learn to Manage Stress

In your recovery, you'll feel stressed out, So make time for exercise, eat a balanced diet, and get a healthy amount of sleep and say it will pass.

TIP : 6

Learn to Relax

When you're tense, you tend to do what's familiar. So try to relax and do something engaging that keeps you calm.

TIP : 7

Manage Physical Pain

Ask your doctor about nonmedical ways to manage your pain, like massage or acupuncture.

TIP : 8

Try a Mocktail

Where people are drinking, you might feel more comfortable with a drink in your hand. In these situations try mocktail or avoid drinking.

