

How To Prevent Drug Addiction



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The Path To Freedom

Do you know that humans are fond of doing a particular task regularly? Such tasks often result in obsession or addiction. The irony is that the supposed use of a drug for therapeutic benefits or recreational purposes sometimes results in addiction. Nevertheless, the consequences of drug addiction can be devastating and expensive. A recent report by the National Institutes of Drug Abuse (NIDA) stated that the [national cost of drug addiction and treatment](#) is over \$600 billion per year. Hence, can you imagine how much a family will save if appropriate steps are taken to prevent drug addiction? The approaches to preventing drug addiction include:

□ Step 1

Learning To Deal With Life Pressures

A lot of people choose to use drugs and alcohol because of a life challenge. It could be the loss of a valuable asset or a close family member. Everyone will experience one of these life-changing moments. That is why we need to master how to deal with life challenges.



Step 2

Build An Active Community or Family-ties

Do you know we can achieve more if we work together in teams and communities? We need trusted individuals to share our grief with and also plan our life path. This support system can help us in dealing with life challenges and pressures when they arise.



□ Step 3

Develop Healthy Habits

Our body functions better if it has the right amount of nutrients. This ratio can easily be obtained in a balanced diet. Have you heard that fruits and vegetables such as apples can restore some anomalies within our chemical balance? This eating pattern is the basis of the famous cliché that an apple a day will drive the doctor away. Likewise, the importance of exercise in healthy living is overwhelmingly apparent. Do you know that regular aerobic exercise helps almost all body organs function at optimum levels?



□ Step 4

Examine the risk factors of drug addiction.

Anyone can become addicted to drugs and alcohol with regular use, but some people are at a higher risk than others. Understanding the risk factors can help you learn whether you or your children are at an increased risk of developing a substance abuse disorder.

There are physical, environmental, and biological risk factors that can increase the risk of developing an addiction.



□ Step 5

Learn healthy coping skills

There are a lot of healthy coping skills that can be used as a healthier way of dealing with difficult times in life or mental health conditions. These include:

- Deep breathing techniques
- Talking to someone you trust
- Participating in talk therapy
- Getting exercise
- Spending time in nature
- Keeping a journal
- Embracing creative practices
- Meditation and prayer
- Taking time for self-care



□ Step 6

Seek medical help

It is not uncommon for substance abuse and mental health conditions to coexist in an individual. If you or your teen is dealing with a mental health condition such as depression, anxiety, or post-traumatic stress disorder, it's vital that you seek professional help. When you find treatment for mental health issues, it means that you can learn valuable and healthy coping skills to deal with your symptoms. This makes people much less likely to rely on drugs and alcohol as unhealthy coping mechanisms.



□ Step 7

Have Visual Cues That Prevent Addiction

Often, what we see most of the time trains our brains to think in a specific manner. That is why it is needful to have visual reminders for essential tasks that can go out of hand. For example, if someone is on an anti-depressant, he/she may be tempted to take more pills because of an aggravated social experience or worsening depressive symptoms. Over time, this individual can become addicted to anti-depressants, and the aftermath effect can be devastating and expensive. A simple visual cue can help re-train the brain to take only the quantity necessary for good health. If for any reason, someone is already addicted to drugs, alcohol, or something else, help is close-by. Nevertheless, remember, prevention is better than cure.





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