

Tips For Overcoming Addiction To Drugs And Alcohol



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□ Step 1

Prepare For Change: Keys To Addiction Recovery

1. Remind yourself of the reasons you want to change.
2. Think about your past attempts at recovery, if any. What worked? What didn't?
3. Set specific, measurable goals, such as a start date or limits on your drug use.
4. Remove reminders of your addiction from your home, workplace, and other places you frequent.
5. Tell friends and family that you're committing to recovery, and ask for their support.



□ Step 2

Quickly Relieve Stress Without Drugs

Different [quick stress relief strategies](#) work better for some people than others. The key is to find the one that works best for you.

Movement. A brisk walk around the block can be enough to relieve stress. Yoga and meditation are also excellent ways to bust stress and find balance.

Step outside and savor the warm sun and fresh air. Enjoy a beautiful view or landscape.

Play with your dog or cat. Enjoy the relaxing touch of your pet's fur.

Experiment with your sense of smell. Breathe in the scent of fresh flowers or coffee beans, or savor a scent that reminds you of a favorite vacation, such as sunscreen or a seashell.

Pamper yourself. Make yourself a steaming cup of tea, give yourself a neck or shoulder massage. Soak in a hot bath or shower.





Step 3

The Three Basic Steps Of Urge Surfing

1. **Notice how you're experience the craving.** Sit in a comfortable chair with your feet flat on the floor and your hands in a relaxed position. Take a few deep breaths and focus your attention on your body. Notice where in your body you experience the craving or urge and what the sensations feel like. Verbalize what you're experiencing. For example, you could tell yourself: "My craving is in my mouth and nose and in my stomach."

2. **Focus on one area where you're experiencing the craving.** What are the sensations in that area? Describe them to yourself. For example, perhaps you feel hot, cold, tingly, or numb? Maybe your muscles are tense? How large an area is involved? Notice if the sensations change as you focus on them. "My mouth feels dry. There is a numbness in my lips. When I swallow, I can imagine the feeling of using."

3. **Repeat by focusing on each part of your body that experiences the urge.** Describe to yourself how the sensations change, how the urge comes and goes. Many people notice that after a few minutes of urge surfing, their craving has disappeared. The purpose of this exercise, however, is not to make the urge go away but to experience it in a new way. If you regularly practice urge surfing, you'll become more familiar with your cravings and find it easier to ride them out until they go away naturally.

□ Step 4

What Causes Relapse?

Different “triggers” can put you at risk of relapsing into old patterns of substance use. While specific causes of relapse differ from person to person, some common triggers include:

- Negative emotional state (such as stress, sadness, anger, or trauma)
- Positive emotional state (feeling happy and wanting to feel even better, such as having a good time with friends)
- Physical discomfort (such as pain or withdrawal symptoms)
- Trying to test your personal control (“I can use just once” or “have just one pill”)
- Strong temptation or urge (craving to use)
- Conflict (such as an argument with your spouse or partner)
- Social pressure (being in a situation where it seems everyone else is using)



□ Step 5

You Can Be Totally Free From Addiction.

There is a higher life for every living creature. The ability to discover ones life's purpose in pursuance of a higher life is the foundation to recovery. Make up your mind to be FREE from addiction and you will be FREE.





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