

Improving Productivity Despite An Addiction



Collins Aigbogun, PharmD, MPH, PhD.

SoaringHealth.com

□ Step 1

Seek Professional Help

Addiction is a complex issue that requires professional treatment. Consider seeking help from a therapist, counselor, or addiction specialist who can help you develop a treatment plan and support you through the recovery process.



□ Step 2

Make A Plan

Work with your therapist or counselor to set achievable goals for your recovery and develop a plan for managing your addiction. This may include steps like avoiding triggers, setting boundaries with friends and family, and seeking support from a recovery group.



Step 3

Practice Self-Care

Taking care of your physical and mental health is essential for managing addiction and increasing productivity. This may include engaging in physical activity, eating a healthy diet, and getting enough sleep.



□ Step 4

Create a Structured Work Environment

Establishing a routine and structure can help you stay focused and avoid distractions. This may include setting specific times for work and breaks, and creating a dedicated workspace.



□ Step 5

Minimize Distractions

Addiction can be a major source of distraction, so it's important to minimize other distractions as much as possible. This may include turning off notifications on your phone, creating a to-do list, and setting aside time each day to focus on work.



□ Step 6

Set Boundaries

Establishing clear boundaries between work and personal time can help you stay focused and avoid burnout. This may include setting specific times for work and breaks, and creating a dedicated workspace.



□ Step 7

Seek Support

Surround yourself with a supportive network of family, friends, and coworkers who can help you stay motivated and on track. Consider joining a recovery group or participating in therapy to help you manage your addiction and increase your productivity.

Remember, overcoming addiction and increasing productivity takes time and effort, and it's important to be patient and kind to yourself during the process. If you need help, don't hesitate to reach out to a professional or a support group.





Collins Aigbogun, PharmD, MPH, PhD.
SoaringHealth.com

Do You Desire to Improve Productivity In Your Workplace Despite An Addiction Experience?

CLICK HERE OR TEXT: "616.279.7256"

Attract*

Created with Growth Tools in Partnership with Leadpages