

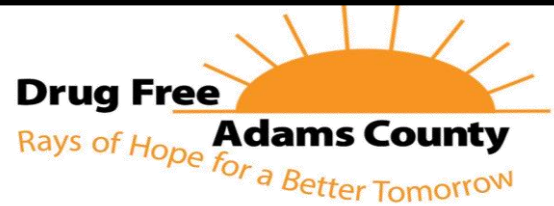
Drug Free Adams County

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Self-help to Sustain Recovery

Over the last few months, we have talked about the signs and symptoms of substance use and mental health disorders, and that treatment is key. There are also self-help steps that can sustain recovery when dealing with life's challenges.

Recovery Tip 1: Recognize and manage stress and emotions

- Learn how to manage stress and cope with unpleasant feelings without turning to alcohol or drugs.
- Stay connected with friends and family. Positive emotional connection to those around you is the quickest way to calm your nervous system.
- Know your triggers and make an action plan.
- Follow your doctor's orders, and always talk with your doctor before making changes to your medication or treatment routine.
- Become or stay involved in a support group such as Alcoholics Anonymous, Narcotics Anonymous, or Brianna's Hope.



Recovery Tip 2: Make healthy lifestyle changes

- Exercise regularly. Exercise is a natural way to reduce stress, relieve anxiety, and improve moods and outlooks.
- Practice relaxation techniques—such as mindfulness meditation, progressive muscle relaxation, and deep breathing—to increase feelings of emotional well-being.
- Adopt healthy eating habits. Start the day right with breakfast, and continue with frequent small meals throughout the day.
- Get enough sleep. Lack of sleep can increase stress, anxiety, and depression.
- Develop new activities that provide meaning and a sense of purpose.

To stay alcohol- or drug-free for the long-term, you'll need to build a new, meaningful life that leaves no room for substance use. Getting sober is just the beginning. Sustained recovery depends on learning healthier coping strategies and making better decisions when dealing with life's challenges.

**For more information, please visit our website:
www.DrugFreeAdamsCounty.org**