Life After Alcohol Rehab: 10 Things You Can Do To Stay Sober

by Louisville Addiction Treatment Center | Nov 25, 2022

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

Alcohol addiction can take a toll on anyone, regardless of age, race, or gender. Rehab is often the best solution for those who are struggling with addiction. However, what happens after rehab? Here are ten things you can do to stay sober after leaving rehab.

Develop an easy exercise routine

Studies have shown that exercise can help to ease anxiety and depression, two common triggers for relapse. Exercising can be as simple as taking a walk around the block or going for a light jog. Being fit will help to improve your overall mood and give you a sense of accomplishment.

Join a support group

There are many groups available both in-person and online that can provide support and accountability. Service vertices can be extremely helpful. These groups provide a safe space to share your struggles and triumphs with others who are going through the same thing. Telemedicine provides an alternative means to communicate with your therapist and receive valuable medical services from anywhere.

Get a sponsor

A sponsor is someone who has been through the program and can offer guidance and support. Finding a sponsor can help to keep you accountable and provide you with someone to call when you are struggling.

Inpatient programs

Inpatient programs can be very helpful for those who are struggling with addiction. These programs provide around-the-clock care and support. They can also offer other services, such as counseling and therapy.

Outpatient programs

Outpatient programs are less intensive than inpatient programs, but they can still be very helpful. These programs typically meet a few times per week and can offer support and accountability.

Sober living houses

Sober living houses are homes for people in recovery. They typically have strict rules, such as no drugs or alcohol allowed on the premises. Sober living houses can provide support and accountability.

Get a hobby

Doing things that you enjoy can help to take your mind off of drinking or using drugs. It can also help to fill your time, so you don't have as much time to think about using it.

Spend time with sober friends

Spending time with friends who are also in recovery can be very helpful. These friends can offer support and understanding. They can also provide you with a positive social outlet. You can also attend sober events and activities together.

Avoid high-risk situations

There are certain situations that may trigger a relapse. It's important to avoid these situations if possible. If you can't avoid them, be sure to have a plan in place to deal with the temptation. Your friend groups can act as a support system to help you avoid high-risk situations.

Seek professional help

If you feel like you're struggling, don't hesitate to reach out to a professional. They can offer guidance and support. They can also help you to develop a plan to stay sober. Get help today, and find out your benefits and coverage options for substance abuse treatment.

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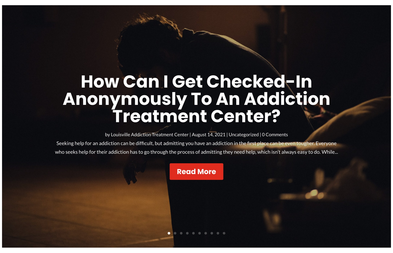

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