

# 4 Helpful Tips for Fighting Substance Abuse During COVID-19

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The COVID-19 (coronavirus) pandemic has impacted everyone and this is particularly true for those who are battling addiction and substance abuse disorders. Financial difficulties, shelter in place orders, and the public health crisis have led to a significant spike in mental health concerns. The good news is that there are a few helpful tips that you can follow to battle addiction and substance abuse during the COVID-19 pandemic.

## Lean on Social Support

During this time, it is critically important to lean on family members, friends, and others in your social network for support. Because you have some extra time at home, now is the perfect time to **focus on rebuilding relationships with loved ones** that might have been damaged by addiction. Place a few board games, watch movies, and spend time catching up! Furthermore, your phone is a reliable source during this time. Find a mentor or accountability partner you can talk to if you are feeling down or stressed during the pandemic. This will help you focus on your sobriety.

## Exercise at Home

Right now, gyms are probably closed in your local area; however, it is important for you to make sure you stick to a regular exercise routine. If you are feeling stressed out, **exercise is one of the best ways to combat this**. Therefore, come up with a way to exercise at home. Bodyweight exercises are a good place to start. You might also want

to give yoga a try. If you can get the entire family involved, this is even better. ***Exercise releases endorphins, which will elevate your mood.*** When this is combined with the physical benefits of exercise, it is clear why this is so important.

## Focus on Mindfulness

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***Positive thinking is important during the pandemic.*** COVID-19 has displaced many of your routines and you could be feeling significant financial stress. The idea of thinking positive thoughts might sound silly; however, taking a few minutes to write down what you have to be grateful for can help you keep a positive perspective on life.

## Online Resources Are Available

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Finally, it is important to note that there are plenty of online resources available to help with drug abuse, alcohol addiction, and mental health concerns during the pandemic. ***Online chat can be a helpful resource for those who need to talk to someone immediately.*** In addition, telehealth is available as well. This is where patients can chat with trained mental health providers, including psychiatrists, virtually. This allows people to get the help they need while still maintaining social distancing.

## Trust the Professionals at Renaissance Recovery Center

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At Renaissance Recovery Center, we are based in Gilbert, AZ but welcome patients from all over the country. We provide patients with exceptional drug & alcohol treatment. At drug rehab centers in Arizona, we have trained healthcare professionals who help individuals tackle underlying issues that lead to addiction. In this manner, we not only want to stop addiction but prevent it from returning in the future with focused drug & alcohol treatment. We also provide telehealth therapy, which is particularly helpful during the COVID-19 pandemic. If you would like to learn more about our telehealth benefits and other outpatient services, contact us today!