

5 Tips to Keep Your New Year's Resolution to Recover

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The holidays are right around the corner and this can be a stressful time of year for those who are in recovery from drug and alcohol addiction. Part of drug and alcohol treatment involves finding ways to avoid a relapse during the recovery process. One of the best ways to do this is to come up with a New Year resolutions list. These resolutions can be hard to stick to; however, for those who are involved in drug and alcohol rehab, there are some key ways to stick to those best New Year resolutions.

Focus on a Single Day at a Time

While many people tell themselves they are going to stick to sobriety, there is a reason why this process is so difficult. It can be challenging to think about weeks, months, and years at a time. Therefore, take the time to commit to recovery on a daily basis. Think about one day at a time. This should be a daily choice and not an ultimatum that is delivered once.

Find New Hobbies

It is important to eliminate the root cause of addiction, which means switching up the routine. Find new hobbies that will help change the daily routine. This might involve arts and crafts, reading, learning a new language, or even new sports. Find new ways to enjoy life.

Focus on Yourself

It can be hard to make time to sit back and reflect on the various daily obligations of life.

There are a lot of demands on someone's time including personal relationships, work, school, and more. It is important to carve out time to reflect, think about the past, and plan for the future. Without making time for yourself, relapse is more likely.

Attend Local Meetings

It is important for everyone to remember that they do not have to face this challenge alone. There are family members and friends who are there to provide assistance. At the same time, it can also be helpful to hear from other people who are going through the same process. This is where meetings with various organizations can be helpful. There are thousands of them that take place every day. Find one nearby.

Sign Up for a Treatment Program

There is no shame in asking for help from a trained professional. Many people who have been sober for years still go to treatment on a regular basis. The professionals work hard to stay up to date on the latest research in the field. Their job is to pass this on to their patients to help them stay sober.

Rely on Renaissance Recovery Center

Renaissance Recovery Center is a specialized drug and alcohol outpatient addiction treatment center that promotes healing using a 12-step recovery program. We promote overall healing and wellness by focusing on not only the individual but also their family members and friends. We know that this can be an emotionally challenging process. That is why we provide expert care in a respectful, compassionate, and safe environment free from stigma and judgment. To learn more about how we can help you, please call us today!