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Recovery from addiction is a lifelong process you will be working on and dealing with for the rest of your life. Addiction recovery requires determination, an excellent support network, and the right skills and tools to set you up with the best chance of success.

Whether you require inpatient treatment or use Telemed services to support your recovery, the following skills will serve you well during your recovery to give you the best chance of success.

Be Honest

Being honest with yourself and those around is an excellent skill to master. As an addict, you will be used to hiding things and lying to get your fix. Being honest breaks these cycles and is crucial to supporting your recovery.

Build New Habits

Your addiction most likely fueled your days as they focused on doing what you needed to do to get through the day. Post-recovery, with support from an intensive outpatient service, you will need to keep busy to ensure you don't have the time to indulge in old habits and keep your mind active. Find something you enjoy, or try a few things until you find something to keep you occupied each day during this journey.

Keep a Journal

Journaling is a great way to help you get your feelings out and express emotions you are struggling with. Getting thoughts out of your head and onto paper can help you make sense of what is happening and deal with them more efficiently, even if it's just things to talk to your counselor about.

Include a gratitude list each day of things you are grateful for to support positive thinking and give you something to feel good about.

Develop A Strong Network

Regardless of the treatment plan, you follow to treat your addiction via inpatient services or outpatient, having a solid support network is invaluable. This is vital to your recovery. Your support network will help you stay on track and support you in how you need to avoid relapsing, catch you when you fall, and help you make the right choices.

Avoid High-Risk Situations

You need to actively avoid areas and actions that will encourage you to relapse, especially in the beginning. Society is about building a new life for yourself and creating better habits and energy, so you don't end up back where you started.

Exercise

Exercise gives you an outlet for your energy and mind, and it is a great way to keep depression at bay. It can also help rid your body of the chemicals and toxins from your addiction. Exercise releases endorphins which give that feel-good vibe and can be vital to help support your physical and mental health.

Help Others

Helping others is a great way to help you feel good about yourself while doing good for others. This feeling of being able to help people, whether other addicts or anyone who needs help, can be a massive boost to your confidence and also give you an extended support network to lean on when you need it to.
If you are concerned you have an addiction you want to quit or you need help with your recovery, there are professional services you can use to support your sobriety.

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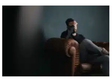

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