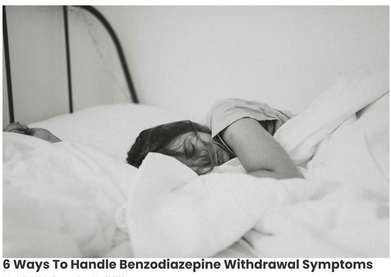

6 Ways To Handle Benzodiazepine Withdrawal Symptoms

by Louisville Addiction Treatment Center | Apr 30, 2023

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.

Benzodiazepines are a group of drugs often prescribed to help with conditions such as anxiety, insomnia, seizures, and muscle spasms. Thanks to their sedative properties, these drugs are effective in inducing muscle relaxation and lowering anxiety levels.

Unfortunately, even when taken according to prescription, benzos are known to lead to tolerance and dependence if taken for a long duration. Dependence means that an individual can't do without the drug and reducing their intake leads to withdrawal symptoms that can range from mild to severe.

How to Handle Benzodiazepine Withdrawal Symptoms

Withdrawal symptoms caused by benzo withdrawal may seem overwhelming at first but get better with time. Here are 6 ways to cope with these withdrawal symptoms:

Start small and gradually buildup

As soon as you stop using benzos, you may experience problems with your memory and concentration. Small everyday tasks may seem difficult to accomplish. To get through this, be patient with yourself and start with small tasks. Accomplishing things like drawing, journaling, taking walks, etc. is a great way to help build your confidence while helping your brain relearn these functions.

Get moving

The body aches, muscle spasms, and soreness that go along with benzo withdrawal may make life unbearable. However, instead of limiting your movement, try and engage in simple exercises that strengthen the muscles. Moving your body through activities like stretching and yoga will go a long way toward relieving pain.

Develop a regular sleep schedule

Insomnia and sleep disturbances are common in those undergoing benzo withdrawal. A good remedy for this is to get into a regular bedtime routine. Instead of being on your electronic devices before bed, try calming activities such as reading or listening to relaxing music. Do this until it becomes a habit.

Practice mindfulness meditation

Anxiety and panic attacks are some of the more distressing benzo withdrawal symptoms. The best way to handle them is by practicing mindfulness meditation. This keeps you grounded in the moment and concentrating on the now helps stop your mind from racing.

Join a support group

Joining a support group for those dealing with benzo withdrawal is a great way to interact with others with the same issues. Through these groups you can learn ways to handle your withdrawal symptoms as well as receive support and encouragement for what you're going through, making you feel less alone.

Seek professional help

Overcoming dependence and addiction to benzos may seem daunting at first but is possible with the right care. At Impact Outpatient Program, we strive to provide multiple pathways to addiction recovery. Our intensive outpatient program and outpatient drug rehab programs are designed to provide evidence-based personalized treatment care to help clients beat addiction. We also have a telemedicine option where clients can attend virtual therapy sessions and receive treatment services wherever they are. Admission into our programs is easy and we accept different insurance covers. Contact us today and we'll help you achieve long-lasting sobriety.

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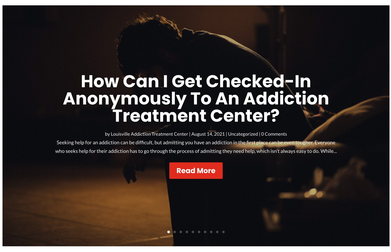

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