

4 Benefits Of An Adventure Program For Women In Recovery

By The Professionals At Evolve Indy

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If you or a loved one is struggling with addiction and recovery, then you are not alone. This is a problem that many women struggle with all over the world. **Addiction recovery** is all about making sustainable changes to improve your mental and physical health. One way you can start on the path to recovery is through adventure therapy.

An Adventure Program Can Help Women

Because addiction recovery has as much to do with mental health as it does with physical health, it is important to find a program that helps support both areas of your wellness in a cohesive manner. Only when you view your healing as incorporating all parts of your body will you be able to find the lasting change you are searching for in your life. Adventure programs are one way that can help you achieve this.

Adventure programs can help women dealing with a myriad of issues from eating disorders to PTSD to substance abuse. It can also help deal with depression and anxiety that often go hand in hand with addiction issues. There are many benefits that come from participating in an **adventure program for addiction**.

Mental Health

Spending time outside in nature is a great way to reduce depression, anxiety, and stress. It can also help to promote a sense of tranquility and positivity. Being immersed in nature helps you to be okay with stillness and quiet and learn to be more positive and generous in your social interactions without the use of alcohol or drugs. **Detaching from technology** can also help regulate your stimulation levels and mood disturbances.

Real-Life Experiences

Addiction relies heavily on the habits and tendencies that are ingrained in your regular life. Adventure therapy can help you break out of your rut and reframe your experiences. When you break out of traditional therapy avenues, you can break your way of thinking. You can focus instead on goal-oriented activities that will help you work through mental health issues related to addiction.

Personal Development

As you face challenges in nature, you will be simultaneously working on your own personal development. It will help you realize your coping strategies in order to identify how to improve them and how they affect your decision-making process. You will also be able to have a deeper awareness of where your coping mechanisms are coming from and why you have been using them in the past.

You can take a greater role in your own mental health treatment by encouraging empowerment, self-awareness, and responsibility. Seeing in real-time how your decisions have consequences and the risks involved will help you see it in other areas of your life as well.

Physical Health

Addiction can take a toll on your physical health, so making that a priority, while you are working through mental health issues, will help you on your **path to recovery**. Physical exercise is not only good to help your body become strong again while it is getting clean, but it will also have a big impact on the healing of your mental health issues as well.

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