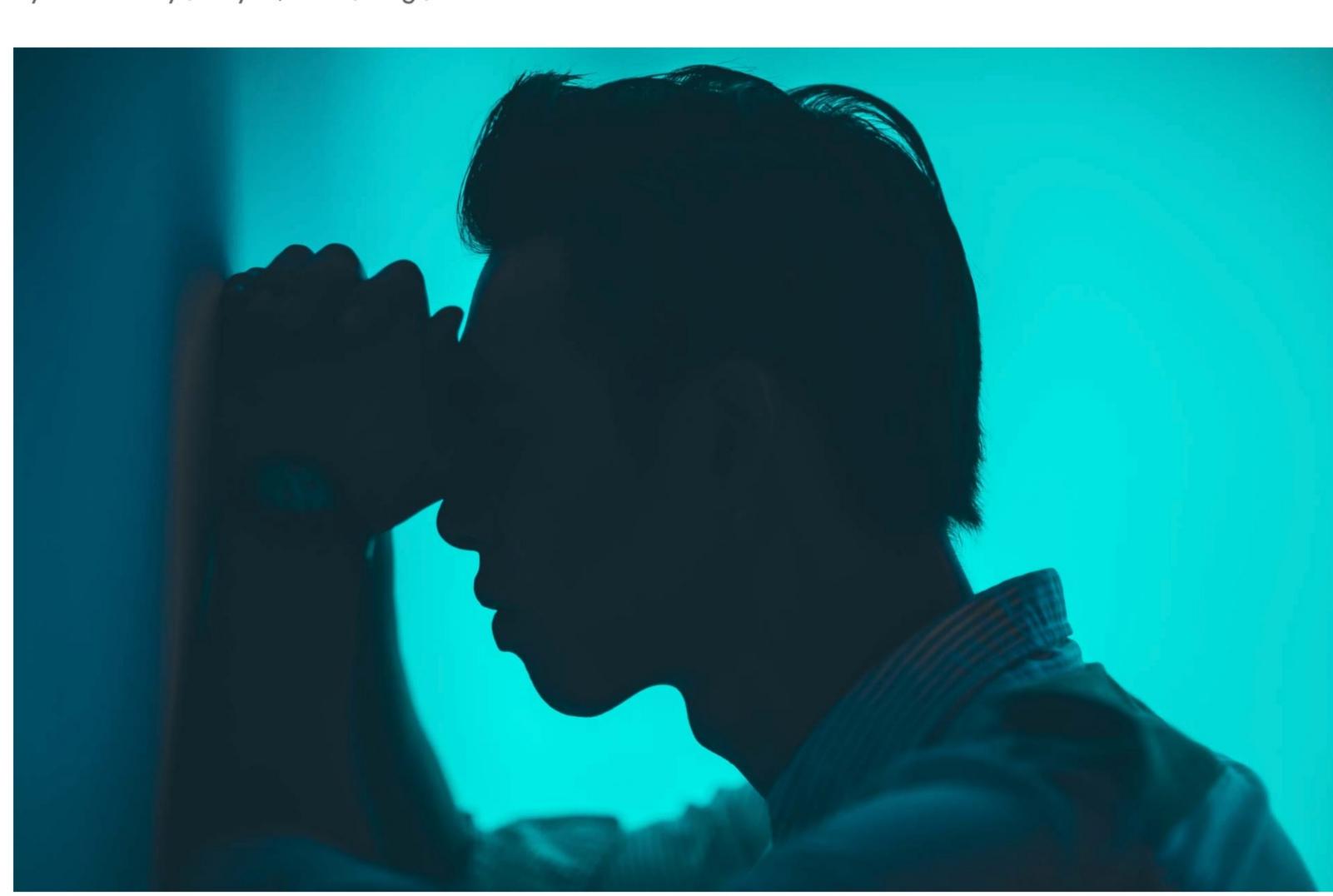
Recent Posts

10 Key Coping Skills For Addiction Recovery

by Evolve Indy | May 14, 2022 | Blog | 0 comments



Addiction recovery is inevitably going to be a difficult journey. But, what's important to bear in mind is that it is possible and a better life does lie ahead. To help you on this journey, the team here at Evolve Indy has come up with 10 key coping skills that can help you to overcome hurdles and challenges.



Be Honest

Honesty is the basis of recovery. You won't reach out for help or seek to change your habits or behavior unless you are honest with yourself and accept that your addiction is a negative element in your life that is detrimental to your health and well-being on physical, mental, and emotional levels. Being honest with yourself is important. You also need to be honest with others who are assisting and supporting you in this journey. It can be easy to lie when experiencing addiction. You may lie to cover up a relapse, to get

Practice Accountability

The next step towards recovery is to make sure that you take accountability for your behavior and your actions. Being accountable means understanding and accepting how each and every decision you make can help or hurt yourself as well as others. It involves knowing that you ultimately make all of your own decisions and making sure to take personal responsibility for your choices each and every time you say or do anything. Be completely open and honest with yourself at all times and avoid passing the blame off to other people. Instead, think about the role you've played in any situation and accept the rewards or consequences that come as a result of this role.

Learn Your Triggers

give you much more control.

Most of us have triggers that can cause us to relapse or pose another sort of threat to our sobriety. It's important to be aware of these and to make sure that you avoid them at all costs. Being familiar with your triggers will

Consider Partial Hospitalization

If you can tell that you're going through a tough time and are struggling to keep on track with your recovery, you may want to consider partial hospitalization. This will give you the chance to receive intense treatment and support without having to completely remove yourself from your daily life and responsibilities.

Try Out a Support Group

Being around others who are going through a similar

situation to you can really help your recovery journey.

Together, you can build a sense of solidarity, bringing each other up when you're feeling down or

worn out and encouraging one another on the road to successful recovery. Attend Intensive Outpatient Treatment

Outpatient treatment allows you to receive the support you need without you having to spend time confined to a treatment facility. An intensive outpatient treatment plan is lower cost than inpatient care and also allows you to remove yourself from your addiction in a day-to-day setting with those you want to spend time with.

Ask for Help

It's important that you ask for help as and when you need it. Recovery can be a tough journey and you're going to need a good support network around you to help you along the way. There are so many different people who can do this. From doctors to nurses, support lines, help groups,

charities, and more. Lead a Healthy Lifestyle

Leading a more healthy lifestyle, in general, can greatly help with recovery. Eating a healthy, balanced diet and getting roughly one hundred and fifty minutes of moderate aerobic exercise a week can put your mind and body in a good place. Plus, you won't want to interfere with your health and fitness plan by engaging in unhealthy addictions.

Stay Busy

You may be tempted to turn to your addictions when you're bored. So, stay busy with a host of different activities that will keep you occupied and your mind elsewhere. This can be anything from spending time with a sober network of friends and family to hobbies, sports, or anything else that takes your fancy.

Be Committed

Commitment is the key element that will help you to remain sober and fight your addictions. Slip up? Try again. Whether you're going at this independently, are signed up for an outpatient program, or trying inpatient care, you need to make sure that you're fully committed to your recovery.

Each of these steps will provide significant support and assistance on your recovery journey, so make sure to take them into consideration and incorporate them into your daily routine. You'll improve before you know it!

Submit a Comment

You must be logged in to post a comment.

EVOLVE VINDY

Call us at: 1-855-495-1063

Evolve Indy is a Joint
Commission Accredited,
Premier Drug & Alcohol
Treatment Facility in
Indianapolis, Indiana
Offering Evidence-Based
Treatment for Substance
Abuse.

Site Map

- HomeAbout
- AboutTreatment
- Tour FacilityAdmissions

Privacy Policy



Get In Touch

Open 24 Hours a Day, 7 Days a Week

8770 Guion Rd SuiteB, Indianapolis, IN 46268



Prioritizing Self-Care
While Fulfilling Family
and Work Demands in
Addiction Rehab

Search

Maintaining
Accountability and
Responsibility in
Addiction Recovery

How to Conquer
Challenges Unique to
Women's Treatment for
Substance Abuse
Disorders

Providing Guidance for Family Members in Drug Rehab's Codependency Context

Rediscovering Oneself in Alcohol and Drug Rehabilitation

Emotional Resurgence:
Navigating Feelings in
the Rehabilitation
Journey

How Professionals Can
Effectively Navigate
Addiction Treatment
Battling Demons:
Confronting Mental

Health in Alcohol and

Drug Rehabilitation

Finding Hope and
Healing With an
Adventure Program for
Addiction Treatment

8 Steps to Long Term
Sobriety and A Life
Beyond Rehab for
Opiates

Our Facilities

Clinical Campus

Men's Housing

Women's Housing

About Us

Media & More
Careers

Blogs

What We Treat

Alcohol

Cocaine Heroin

Who We Help

Men
Women
LGBTQ
Professionals

First Responders

College Students

Areas We Serve

Bloomington, IN

Jefferson, IN

Noblesville, IN

Terre Haute, IN

Layette, IN

Layette, IN

Kokomo, IN

Evansville, IN

Cincinnati, OH
Louisville, KY