

## 4 Self-Care Strategies for Addiction Treatment after Rehab

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Addiction is a serious and debilitating condition that affects people of all ages. Addiction can cause significant physical, psychological, and interpersonal damage to the individual. After an individual has completed a residential rehabilitation program, they will likely require additional care in order to increase their chances of staying sober.

Self-care strategies are essential for maintaining sobriety after rehab and avoiding relapse. This article discusses four self-care strategies that individuals can use following addiction treatment.



### Seek after Rehab Treatment:

After completing a residential rehabilitation program, individuals should seek additional treatment or therapies to monitor their recovery and prevent relapse.

Many addiction treatment centers offer aftercare programs that provide continuous monitoring and support, such as partial hospitalization programs (PHP), intensive outpatient programs (IOP), and outpatient programs (OPP).

#### Partial Hospitalization:

**Partial hospitalization** is an outpatient program designed for individuals who have completed a residential rehabilitation program but still need more intensive care than traditional outpatient programs can provide. In this form of treatment, individuals attend a partial hospitalization program for six to eight hours per day, several days a week.

During this time, they are monitored by addiction professionals and receive medication management, group therapy, individual counseling, family therapy, and other supportive services.

In addition, partial hospitalization allows individuals in recovery to focus solely on their sobriety outside of the treatment setting without returning to their old environment that may have contributed to their substance use disorder.

#### Intensive Outpatient Program:

An intensive outpatient program (IOP) is a step down from partial hospitalization where individuals attend 3-5 three-hour sessions per week over the course of 10-12 weeks.

IOPs are designed for those who need more support than traditional outpatient programs can provide but don't require the intensity of partial hospitalization.

In an IOP, individuals participate in group therapy, individual counseling, medication management, and family therapy. In addition, IOPs aim to help individuals learn the skills necessary for long-term sobriety.

#### Outpatient Program:

An **outpatient program** (OPP) is a step down from an intensive outpatient program where individuals attend weekly individual and/or group counseling sessions for a period of 10-12 weeks.

During these sessions, individuals learn how to cope with recovery challenges and maintain sobriety. They also receive additional support from licensed addiction professionals and gain insight into the triggers that lead to substance use disorder.

OPPs are designed for those who require less support than IOPs or partial hospitalization to stay sober. These programs are often supplemented with 12-step meetings or self-help groups for additional support.

### Develop a Support System:

Having a strong and reliable support system is essential for long-term sobriety following addiction treatment. After rehab, individuals should seek out positive relationships with family members such as their spouses and children, friends, and others in recovery who can provide emotional and moral support.

Having positive relationships can help to reduce anxiety, stress, and triggers that can lead to relapse. However, individuals in recovery should also try to avoid negative relationships that could lead them back into substance abuse.

### Set Realistic Goals:

Setting realistic goals is important for maintaining sobriety after completing a treatment program. Goals should be achievable and specific. Here are a few goals individuals in recovery can set for themselves:

- Attend 12-step meetings or self-help groups regularly.
- Participate in activities that don't involve substance use, such as going to the gym or volunteering.
- Make time for self-care and relaxation, such as yoga or meditation.
- Spend time with friends and family who are not using substances.
- Develop healthy coping skills to manage triggers that lead to substance abuse.

Having these goals can help individuals stay focused on their sobriety and give them something to look forward to each day. Individuals in recovery must recognize their progress toward achieving these goals so they can remain motivated throughout their recovery journey.

### Monitor Mental and Physical Health:

Another important self-care strategy is to monitor mental health after rehab. Mental health issues such as depression, anxiety, and stress can be triggers for substance abuse.

Therefore, it is important that individuals in recovery pay attention to their mental state and look out for any signs of distress or negativity. Individuals should reach out for professional help if these signs start to appear.

Individuals in recovery must also maintain good physical health throughout the recovery process. A healthy physical lifestyle includes regular exercise, proper nutrition, and adequate sleep, all beneficial for maintaining sobriety.

These four self-care strategies for addiction treatment after rehab can help individuals stay on track and achieve long-term sobriety. With the right support and lifestyle changes, individuals can live happy and fulfilling life in recovery.

Remember, addiction is a lifelong journey; relapse does not have to be part of that journey. If you or someone you know is struggling with substance abuse, [reach out for help](#); many treatment options can help individuals get back on track toward achieving long-term sobriety.

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