

# RELAPSE PREVENTION CHEAT SHEET

## RELAPSE PREVENTION OVER VIEW



<p>Understanding your relapse triggers is your first step towards long-term addiction recovery. Common relapse triggers are obvious, such as friends that use, others are less obvious.</p>	<p><b>Self-Care</b> Implement physical exercise, a balanced diet and quality of sleep. This can be done by setting up a structured sleep, exercise, and eating schedule.</p>	<p>Most people find that it is easier to achieve things when they set themselves goals.</p>	<p><b>KEEP BUSY</b> A busy schedule filled with work, exercise, hobbies, self-care and friendships will help keep you distracted.</p>
<p>Avoid becoming too hungry, angry, lonely, or tired. Plan your meals, stick to a strict sleep schedule, and attending support groups.</p>	<p><b>HALT</b> Hunger can be a physical or emotional need. Anger understand what is causing your anger and know how to express it properly. Loneliness, reach out to people. Tiredness</p>	<p>Goal setting in recovery is all about personal aspirations. Each individual will have their own ideas about what they want to achieve in life. What are your goals?</p>	<p><b>Diet and nutrition</b> Plan your meals. Start planning what you will eat at your next meal. Plan what you will eat for the next several days, including snacks.</p>

## LIFE IN RECOVERY IS ALL ABOUT PROGRESS AND NOT PERFECTION

<p>Negative emotions often lead to substance abuse in the first place and can easily lead a person back to bad habits. Learn to <u>cope with your emotions</u>, without substance use.</p>	<p><b>Mindfulness meditation</b> is a concept that teaches you to become more self-aware. When we are more self-aware, we are better able to cope with potential triggers to relapse.</p>	<p><b>SMART GOALS</b> Specific Measurable Attainable Relevant Timely</p>	<p>Engage in some adventure, go hiking, rock climbing or just do something fun.</p>
<p>Stress is a huge cause of addiction relapse trigger because of its broad range of effects on the mind and body. Be proactive about <u>stress prevention</u> and being mindful about what causes your stress.</p>	<p>A grounding technique called the 5-4-3-2-1 coping technique, takes you through the five senses to focus on the moment and avoid thoughts of using.</p>	<p><b>THE ONLY REAL FAILURES IN LIFE ARE THOSE PEOPLE WHO GIVE UP TRYING.</b></p>	<p>Have a clean environment, clean your car, house and make your bed every morning to set yourself up for success.</p>

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## RELAPSES ARE LEARNING OPPORTUNITIES



### AVOID TRIGGERS



### COPING SKILLS



### GOAL SETTING



### LIFESTYLE

Depression, anxiety, and other underlying mental illnesses can trigger drug or alcohol relapse. Address your mental health and get treatment for any underlying mental illness.

**Make An Emergency Contact List**  
Make a list of healthy family members or friends who are also in recovery that you can call for support.

Break up ambitious goals into smaller goals, the task will appear less daunting and you will be motivated each time you achieve a small goal.

Sleep allows the brain and body to slow down and engage in processes of recovery, promoting better physical and mental performance the next day and over the long-term.

Withdrawing yourself or getting support system through AA or another recovery group, can lead to social isolation and loneliness. The more you become socially isolated, the easier it is to use again.

**Play The Tape Through To play the tape through, you must play out what will happen in your mind until the very end. What would the consequences be?**

If you set yourself goals that are too long-term you run the risk of becoming discouraged along the way. It is probably more effective to have weekly or even daily goals.

Exercise and drugs of misuse work on similar parts of your brain. They both activate your reward pathway, which triggers the release of feel-good chemicals like serotonin and dopamine.

## DON'T BE SCARED TO SHARE YOUR RELAPSE GOALS WITH OTHERS

It is suggested to avoid dating in recovery for the first year. There are many reasons for this, one being that new romantic relationships can put you at risk for relapse.

**Deep Breathing** Breathing is central to life, as you know. What many do not know, however, is how much control you have over your life by simply changing your breathing patterns.

The process of reaching a goal should never be set in stone. You should always be willing to make changes as necessary.

Your struggles can subside if you maintain your sobriety by remaining grateful, practicing kindness, and showing off your strengths. You'll watch your life change for the better right before your eyes.

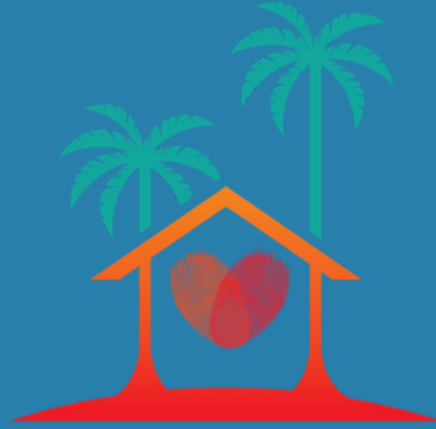
One of the most common relapse triggers is putting yourself in situations where drugs and alcohol are available. Make a list of people, places, and things that are strong triggers for you personally.

**Tool Box**  
Be fully prepared with a toolbox of healthy coping strategies. Implementing these relapse prevention techniques into your daily schedule can greatly help reduce the risk of relapse.

If you set goals for yourself that is unrealistic then you are setting yourself up for failure.

**The Power of Positivity in Recovery**  
In relapse and recovery, it is important to focus on the present and the positive aspects of your situation, and to not let negative thoughts weigh you down.

Thank you!!!



RECOVERY  
COMES HOME

We hope that this Relapse Prevention Cheat Sheet will be useful in understanding relapse and how to prevent it to the best of our ability.

Work With Us

