



Discovery Point Retreat Publishes Best Practices On Staying Sober & Avoiding Relapses During Holidays

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Discovery Point Retreat in Dallas Texas has published a new article, "How to Avoid Relapsing During the Holidays". The full article is available at <https://sites.google.com/view/dallasaddictioncenters/prevent-relapses-during-holidays> . Discovery Point is a thought leader and addiction treatment provider to Dallas and the greater Dallas Fort Worth area. Discovery Point wanted to help people struggling with addiction, depression, anxiety, and other problems that might threaten their sobriety, as a result of the holiday season. Discovery Point Retreat is an addiction treatment center in Dallas Texas that treats drugs, alcohol and prescription addiction via detox, and inpatient rehabilitation services. These pieces of advice are particularly necessary for those who have recently been through rehab and are trying to stay sober throughout the holidays.

Christmas time and New Years is billed as the most wonderful time of the year. However, with the expectations of having such a great time, many people actually experience intense and negative emotions during this time, for a myriad of reasons. In a word, it's because of stress. According to the American

Psychological Association, thirty-eight percent of people stated that their stress level increases during the holidays.

Another study worth noting is, the Principal Financial Group reported that fifty-three percent of people feel financially stressed by holiday spending, even with prepared spending budgets.

There is a widely held belief that suicides peak during the holidays. However, the National Center for Health Statistics says that the suicide rate peaks between April and August, while the winter months see the lowest daily suicide rates.

So the real problem here is the challenge to sobriety that the holiday poses.

Discovery Point Retreat encourages people in recovery to create a plan based on future social gatherings, parties, and other events where triggers might be present.

The article states that if being around friends, family members, or colleagues will lead to drinking or doing drugs, then it is necessary to plan ahead. A relapse prevention map should help keep one sober throughout these events. Having a plan is the first step, but it will help keep the person confident in their choice to stay sober.

Develop a plan that will maintain sobriety ahead of any holiday event or activity could potentially trigger a relapse to substance abuse.

This could mean going to a 12-Step meeting before or after the event. Attend these activities with a sober friend? a trustworthy individual who will encourage sobriety when triggers come up. Having a sober companion empowers the feeling of confidence and strength, which is sometimes all it takes to get through these tough times.

Much of relapse prevention is maintaining awareness over one's own actions, as well as the potential consequences of relapse. Keeping in mind that the progress made during rehab could be compromised is only one of the reasons to stay on the right track.

That said, it's not just about the triggers and temptations all around one's self. For many people, the holiday season is a time for indulgence, and so in order to stay sober during this time, it is important to adjust one's attitude.

Discovery Point Retreat explains that there are expectations, memories, and emotions wrapped up in the holidays that can encourage substance abuse. Some people mourn the loss of a loved one who is not there

to celebrate with them anymore. Some people look back at their year as a whole and feel dissatisfied by their progress. Some people feel guilt, anxiety, loneliness, etc.

Adjusting one's attitude towards the holidays means realizing that there is no pressure to be happy during this season. If mourning is necessary, then mourn. Do not bottle up emotions or drink the feelings away.

Discovery Point Retreat reminds people to plan ahead, inform loved ones of one's sobriety, and do not be afraid to ask for help. If any readers are in the greater Dallas- Fort Worth area and have been looking for "rehab near me", Discovery Point Retreat encourages them to call or visit their three Texas locations.

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Discovery Point Retreat - Alcohol & Drug Rehab Dallas

Discovery Point Retreat in Dallas Texas is the leading addiction treatment center in the great Dallas, Fort Worth area. Specializing in outpatient and inpatient therapy for alcohol drugs and RX addiction.

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