Hope Canyon Recovery Publishes Best Practices To Stay Sober During The Holiday Season

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Hope Canyon Recovery, an addiction treatment center in San Diego California is excited to announce they have published a new article with best practices for staying sober over the holidays. Read the full article at https://sites.google.com/view/hopecanyonrecovery/tips-on-holiday-sobriety. Hope Canyon knows that the Holidays are a stressful time for just about anyone. Whether one is going through recovery or they are sober, the holidays bring up financial and time commitment constraints that can potentially throw a wrench in someone's sobriety.

The idea that the holidays are the most wonderful time of the years can make many feel inadequate or lonely. It also brings out feelings of anxiety, loneliness, and depression because of sad memories associated with the season, or not having a special person to share it with. The stress and financial burden of gift-giving and party attendance can also be difficult for most Americans.

Hope Canyon Recovery understands that this stressful season can cause people to relapse, which is

devastating for someone who has just recovered from a drug or alcohol addiction. It can make them feel like all their progress had been for nothing.

The holiday season is associated with indulgence, and so there are many triggers and temptations all around that can threaten a person?s sobriety.

This season is meant to bring feelings of love and cheer?but it?s also a harbinger of holiday stress. Hope Canyon Recovery-Alcohol & Drug Rehab San Diego, suggests that people struggling with anxiety might be doing too much this season.

People in recovery should remember to pace themselves this holiday season. This applies to party planning, overworking, and getting too caught up in the holiday rush. It is important to take a step back, slow down a little bit, and breathe. Too much stress has a negative impact on a person?s physical and mental health.

All the problems that overwhelm someone may lead them to relapse because they are more likely to try and drown out their problems with drugs, prescription medication or alcohol. Too many activities, even fun activities, can culminate in too much holiday stress.

If the thought of drinking and suddenly relapsing is scary, consider going to rehab during the holidays or a support group. People can just seek the help of AA groups just to get that support system going. It reminds people to stay on the right track.

Hope Canyon wants to remind people to inform family members, friends, and loved ones of one's sobriety to make sure they can give their support. No one has to go through this struggle alone. Even if there are no loved ones nearby to give their aid, support groups and community resources are there to offer their assistance.

Going to rehab during the holidays is not completely unheard of, and it is certainly not inappropriate, unlike what other people might think. Because substance abuse tends to ramp up during the holidays, it can be a good opportunity to get treated.

Another good way to stay sober during the holidays is to give back to the community and be of service to other people. This can provide personal growth by sharing gratitude and joy with others. Connecting with others in this way can be a new experience that enlightens and enriches a person?s life.

Being in recovery for an active addiction is a tremendous sign of strength?a strength that can be shared with others who are going through the same thing. There are a million ways to give back and pay it forward. That is the true spirit of the holiday season.

If reaching out is way too stressful, then simply avoid known triggers and risks. There?s no need to do anything beyond that. Anyone who is toxic or a bad influence should be avoided for the sake of one's mental health and sobriety. If there are events a person is uncomfortable with, Hope Canyon Recovery recommends either limiting one's stay or not attending. It is not always possible to ?soldier through? these events while avoiding triggers. Safeguarding one's progress must always come first.

Hope Canyon Recovery offers inpatient rehab services for drugs and alcohol.

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Hope Canyon Recovery- Alcohol & Drug Rehab San Diego

Hope Canyon Recovery is the #1 substance abuse treatment center in San Diego California. Drugs, Alcohol and Prescription addiction. We can help you get sober.

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