



Staying Sober in 2020, Golden Peak Recovery Publishes Guide to Continued Sobriety and New Year's Resolutions

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Denver Colorado. Golden Peak Recovery a leading addiction treatment center in the Great Denver Colorado area has published a new article on how to set realistic goals for sober people in 2020. Read the article here, goldenpeakrecovery.com/setting-sober-goals-in-2020.

Golden Peak which provides drug rehab treatment in Denver Colorado, understands that recovering from addiction is a continuous effort. It takes lots of willpower, dedication, and support from addiction experts and loved ones. That is why Golden Peak Recovery reminds people to stay vigilant through the holidays.

In fact, this behavioral health facility encourages people to make sobriety their New Year's resolution. People in recovery could benefit greatly from having a solid plan to stay sober through the holidays.

"I want to stay sober in 2020" is a good New Year's resolution. But in order to make it work, the person in recovery needs to commit to it. The resolution needs to be transformed into a goal.

According to the SMART framework for goal setting, a plan needs to be specific, measurable, action-oriented, realistic, and timely. This simply means that a goal cannot be as grand as "staying sober through 2020". Instead, it needs to be specific. Patients will see more success if they have something concrete to look forward to.

If the person in recovery wants to avoid certain substances, or be more active when it comes to going to therapy, or attend more support group sessions—these are all solid and specific goals that are actionable. This also helps the person come up with a plan on how they will achieve these particular goals.

For people in recovery, these resolutions and goals could vary widely because no two people in recovery are exactly alike. It's a personal journey of discovering what goals one wants to achieve and how one is going to achieve them.

Golden Peak Recovery suggests writing in a journal for 15 minutes each day to give oneself time to reflect on current status, goals, wants, and needs. This allows people who are struggling with substance addiction to fully assess their own feelings and be honest about their situation. Being more aware of their struggles allows them to plan appropriately.

For example, if an upcoming holiday celebration is giving someone stress, one should make it their goal to address this negative emotion. It could be managed by limiting time spent at certain events or not attending at all. Alternatively, it may also be a good idea to inform family members, friends, and other people of one's sobriety. This will encourage them to help keep one away from temptations, stressors, and triggers.

To keep the mind away from the holiday stress and pressure, make sure to stay active and healthy. New Year celebrations often cause people to overindulge and forget about living healthily. But this is not an option for people in recovery, because they need to keep their body in the right state.

Recovering from an addiction is a physical as well as an emotional journey. The transition from one year to another should only motivate people in recovery to stay on the right track, turn over a new leaf, and start fresh.

Golden Peak Recovery is there to offer their support, during this stressful season of overindulgence. People in recovery should instead view the New Year as an opportunity for change. Create solid strategies, stay away from triggers, and stay sober.

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For more information about Golden Peak Recovery- Alcohol & Drug Rehab Denver, contact the company here: Golden Peak Recovery- Alcohol & Drug Rehab Denver Bruce Santiago 720-833-1065 bsantiago@goldenpeakrecovery.com 4411 E Kentucky Ave, Glendale, CO 80246

Golden Peak Recovery- Alcohol & Drug Rehab Denver

A premier treatment center in CO, that helps clients remain focused on long-term sobriety through continued care services including partial hospitalization (PHP), intensive outpatient programs (IOP/OP), and aftercare planning. Drug, Alcohol & RX care.

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