# Legacy Healing Center in Delray Beach Florida Publishes Article On Stress Management & Recovery

*April 29, 2020*

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Delray Beach Florida - Legacy Healing Center recently published a new article on their website with tips for managing stress in recovery. April is Stress Awareness Month and given the current circumstances surrounding COVID-19, raising awareness of stress management methods is needed by many, especially those in recovery.

Individuals in recovery must learn how to manage stress, triggers and cravings in order to maintain long term sobriety. If stress goes unchecked or unnoticed, it can lead to undesired effects, including relapse.

Understanding Stress is important, especially for those seeking sobriety. Stress is a necessary function; it?s the body?s natural response to an attack. Without it, one wouldn?t survive dangerous, life-threatening situations. That being said, trouble does arise when one feels stress in inappropriate situations, or when one feels an abundance of stress over a long period of time. Symptoms of stress can manifest physically, resulting in headaches, fatigue, stomach problems, depression and can even lead to heart problems.

According to the American Institute of Stress, about 90% of all visits to primary care physicians are for stress-related issues, with ailments ranging from stomach trouble to heart disease.

More than 50% of Americans say that fights with friends and family members are caused by stress. More than 70% say that they have experienced physical and emotional symptoms as a direct result of stress.

Stress can be caused by many factors, but is most often caused by a person?s job or by sudden changes in personal life. It can also be caused by feelings and emotions, such as fear and uncertainty, attitudes and perceptions, unrealistic expectations, and change.

For those in recovery from addiction, managing stress and identifying what leads to harmful behaviors is

critical to not only staying healthy but staying sober.

While stress cannot be avoided entirely, it can be effectively managed by identifying what one?s stressors are and utilizing various methods to lessen stress.

Managing stress for those in recovery is not much different than for the general population. Common stress management techniques include Meditation as well as spending more time with supportive friends and family. Exercising and eating healthy. Journaling down one's thoughts. Turn to religion or spirituality. Reading or doing an enjoyable hobby.

Finding out which method or methods work best for those trying to better manage stress can make a big impact. When stressors are identified and efforts are taken to lessen daily stress, one?s physical and mental health can be greatly improved. For those in recovery, this goes a long way in helping prevent relapse and unhealthy behaviors.

National Stress Awareness Month was launched in 1992 with the intent of bringing to light what causes stress, the negative effects it has on the mind and body, and how to lessen it.

This April and beyond, make a concerted effort to lessen the daily stress of life. Become aware of the triggers that cause stress and start making changes that can have a lasting impact on one's physical health and happiness. Legacy Healing Center is dedicated to providing first-class experiences for all. Read the previous release on first responders and how Legacy is helping first responders deal with addiction.

Legacy Healing Center?s mission is to help patients achieve long-term sobriety; finding ways to manage stress and prevent relapse is a big part in achieving this Their behavioral health programs utilize an individualized, client-centered approach that is designed to lay a foundation for anyone who wants to recover. For help with addiction, please call Legacy Healing Center today for help with alcohol and drug addiction.

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For more information about Legacy Healing Center - Alcohol & Drug Rehab Delray Beach, contact the company here:Legacy Healing Center - Alcohol & Drug Rehab Delray BeachTravis Benfaida(954) 420-7414info@legacyhealing.com1690 South Congress Ave Suite 202 ADelray Beach, FL 33445

**Legacy Healing Center - Alcohol & Drug Rehab Delray Beach**

*Legacy Healing Center - Alcohol & Drug Rehab Delray Beach is the #1 drug & alcohol detox & rehab center serving Delray Beach. We help people who are wanting to live free from addiction. Drugs, Alcohol, Prescription Drugs. ?Rehab  ?Rehab ?Rehab*

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