Stress Awareness Month: Legacy Healing Center Teaches Stress Management for People in Recovery

May 01, 2020

Margate, Florida - May 01, 2020 -
April is Stress Awareness Month and Legacy Healing Center in Margate is taking this opportunity to raise awareness on how people in recovery can properly manage their stress. Given the current situation surrounding COVID-19, Legacy Healing recognizes the importance of proper stress management methods.

With this goal in mind, Legacy Healing Center published a new article on their website with tips for managing stress in recovery.

Understanding the purpose of stress can help people adjust the way they react to it. The most basic concept people need to know is that stress is a necessary function. It is the body?s natural response to an attack. Without stress, we would not survive dangerous or even life-threatening situations.

That said, stress levels should still be regulated, or else it would just be too much to handle. Symptoms of stress can manifest physically, resulting in fatigue, headaches, stomach issues, and depression. In some cases, stress can even lead to heart problems.

Proper stress management allows people to channel their energy in healthy and productive ways. This is especially true for people in recovery. Struggling with an addiction is difficult enough: going through recovery is a difficult and naturally stressful endeavor.

According to the American Institute of Stress, about 90 percent of all visits to primary care physicians are for stress-related issues. Aside from physical effects, stress can also cause social problems. In fact, more than 50 percent of Americans say that fights with friends and family members are caused by stress. More than 70 percent agree that stress can cause physical and emotional symptoms.

Stress can be caused by many factors, but they are most often caused by sudden changes in personal and

professional life. Stress can be caused by fear, uncertainty, unrealistic expectations, and change.

Individuals in recovery must learn how to manage stress, triggers, and cravings because if these go unchecked, they may lead to undesired effects such as relapse. Stress management is all about identifying the cause of stress and utilizing methods to lessen its effects.

Legacy Healing Center?s Stress Management Tips. Stress cannot be avoided entirely. A healthy amount of stress motivates people to aim for better conditions?ultimately improving themselves in the process. Situations will always arise that will stress out a person, and it is all about avoiding harmful behaviors and unhealthy coping mechanisms.

For people in recovery, proper stress management is not only the key to staying healthy, but also to staying sober.

Here are a few examples of healthy coping mechanisms that help fight stress: meditation, eating healthy, exercise, keeping a journal, turning to religion or spirituality, reading, and pursuing hobbies. Spending more time with supportive friends and family members can reduce stress significantly. It reminds people that they do not have to deal with their problems alone.

Managing stress for those in recovery is not much different than for the general population. When stressors are identified, efforts can be made to avoid or lessen daily stress. This will improve a person?s mental and physical health significantly, allowing them to focus on their recovery efforts. It also reduces the risk of relapse and unhealthy behaviors.

Legacy Healing Center is always willing to lend a helping hand. With locations in Margate, Pompano Beach, and Delray Beach, Florida, their mission is to help patients achieve long-term sobriety. Finding ways to manage stress and prevent relapse is only one part of this?but it is crucial to every client?s success. Legacy Healing?s behavioral health programs use individualized, client-centered methods designed to lay a foundation for anyone who wants to regain their sobriety.

For those who need help with addiction, call Legacy Healing Center today.

###

For more information about Legacy Healing Center, contact the company here:Legacy Healing CenterTravis Benfaida(954) 994-29652960 N, FL-7 STE 102, Margate, FL 33063Margate, FL 33063

Legacy Healing Center

Legacy Healing Center - Alcohol & Drug Rehab & Detox is South Florida's #1 resource for drug, alcohol and prescription drug treatment.

Website: https://legacyhealingcenter.business.site/

Phone: (954) 994-2965