Legacy Healing Center in Pompano Beach Offers Stress Management Tips for Stress Awareness Month

April 30, 2020

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Legacy Healing Center in Pompano Beach, Florida has published a new article on stress management for people in recovery. April is Stress Awareness Month and this topic is all too relevant given the current situation surrounding the COVID-19 pandemic.

Legacy Healing Center hopes to raise awareness about the importance of proper stress management, especially for those who are dealing with addiction and substance abuse. Learning how to manage stress, cravings, and triggers can help maintain long term sobriety. Conversely, if stress goes unchecked, it can lead to undesired effects such as relapse.

National Stress Awareness Month was started in 1992. The goal of the campaign is to bring to light the causes of stress, and the various effects it has on the mind and body. National Stress Awareness Month also aims to teach the public how to lessen stress.

April 2020 is more stressful than usual time because of the current pandemic. This means people in recovery need to make an extra effort to stay away from stress and focus on their progress. Legacy Healing Center recommends learning about the nature of stress and what causes it.

As unpleasant as it may be, stress is a necessary function. It is the manifestation of the body?s response to an attack. Stress allows people to recognize dangerous situations, and therefore survive them.

However, even normal everyday situations can cause stress. An abundance of stress over a long period of time is not healthy for any individual. Stress can create physical symptoms in the body. Common symptoms of stress include headaches, stomach problems, fatigue, depression, and even heart problems.

In fact, the American Institute of Stress reports that about 90 percent of all visits to primary care physicians

are for stress-related issues. This includes ailments ranging from stomach trouble to heart disease.

Stress also has emotional and social effects, with more than 50 percent of Americans saying that fights with friends and family members are caused by stress. More than 70 percent agree that stress causes physical and emotional symptoms.

The causes of stress may vary, but the most severe ones are caused by sudden changes in someone?s personal or professional life. Fear, pain, uncertainty, and unrealistic expectations may also cause stress.

Stress management methods while in recovery are not so different from those of the general population. However, with sobriety at stake, stress management in recovery is even more crucial. The first step in dealing with stress is identifying what causes it. The causes of stress are different for each individual. But becoming aware of particular triggers and stressors can significantly improve the way stress is handled.

By identifying the causes of stress?whether it is family, a person?s environment, their co-workers, their financial situation, their health condition, etc.?the individual can begin to make changes that have a lasting impact on their own health and happiness.

Managing stress for those in recovery is not only critical to staying healthy, but also to staying sober.

Common stress management techniques include: keeping a journal, eating healthy, exercising, meditating, reading, turning to religion or spirituality, and spending more time with supportive loved ones.

Legacy Healing Center in Pompano Beach, Florida is dedicated to helping clients address the causes of their stress in healthy ways, not only during National Stress Awareness Month but all throughout the year. Legacy Healing also has locations in Margate, as well as Delray Beach, to make treatment accessible to more people.

Legacy Healing Center in Pompano Beach teaches clients how to prevent relapse and avoid unhealthy coping mechanisms. Their mission is to help patients achieve long-term sobriety. Stress management is only one of the ways Legacy Healing can help. They utilize an individualized, client-centered approach that is designed to lay a foundation for anyone who wants to recover.

Call Legacy Healing Center today for help with addiction.

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For more information about Legacy Healing Center -Alcohol & Drug Rehab Pompano, contact the company here:Legacy Healing Center -Alcohol & Drug Rehab PompanoTravis Benfaida(954) 388-8029 info@legacyhealing.com803 NW 2nd AvePompano Beach, FL 33060 (954) 388-8029

Legacy Healing Center -Alcohol & Drug Rehab Pompano

Legacy Healing Center -Alcohol & Drug Rehab Pompano is the top detox and rehab center in South Florida. We are here to help our patients beat drug, alcohol and prescription drug addiction.

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