ReVIDA® Recovery Investigates Heroin Recovery

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Johnson City, TN - ReVIDA® Recovery has addressed in their latest article what it means for someone going through heroin recovery. To one person, recovery can mean that someone is not using any substances at all. While other people might decide that after receiving treatment, they want to have a few drinks of alcohol occasionally. Recovery is creating healthier habits and coping skills. Return to use might happen, but it does not have to be the end of the story.

?People tend to use heroin in order to change the way they are feeling. This can be associated with times of stress or difficulty, or even to amplify feelings of happiness. When someone in recovery feels the stresses of life becoming too much, they may consider returning to use. They mention how they are feeling to friends or loved ones, and at that time, providing support is crucial to avoid a relapse,? the article states.

Those recovering from heroin are more likely to experience a return to use after the first year. This is why continuing one?s treatment is vital to one?s goals for recovery. It also allows people to stay in touch with peers who can support them when it is most needed. They will also be able to celebrate any achievement that they achieve. The most common cause of a return to use is emotional distress. When people focus on themselves by putting their needs first, learning to recognize triggers can also help prevent a return to use. With proper treatment, healthy coping skills can be life-changing. It?s also helpful for many to be surrounded

by others who are on the same journey of recovery, and this is partly why rehabilitation at a facility can be so effective.

The most significant danger of returning to use after completing treatment is a heroin overdose. After repeated use of heroin, receptors in the brain become desensitized, and the brain wants more heroin to feel the same effects. After completing treatment, the brain and body return to their normal functioning. So, when people return to use, they often take the same amount they used before their treatment. This will overwhelm the brain and body. ?Many have found success using different methods. Some have utilized therapy techniques to create healthy coping skills while others participate in 12-step recovery programs. There is no right or wrong way to recover from heroin use disorder, and finding what works for you is the key to creating lasting recovery,? the article continues.

Recovery from heroin is achievable. Many may be apprehensive about the recovery process. The idea of experiencing heroin withdrawal symptoms can make people less likely to seek treatment. These symptoms are not life-threatening for the most part. They are unpleasant and possibly painful. Some symptoms people might experience include agitation, mood swings, intrusive thoughts, and anxiety. Detoxing in a facility is much safer than detoxing at home because complications can occur. These include suicidal ideation, self-harm, or thoughts of harming other people. The good news is that help is available.

ReVIDA® Recovery has same-day appointments that allow people to start their recovery journey with heroin. Located throughout Tennessee and Virginia, people can get care close to where they live. This care can include assistance with finding a job, applying for aid, and custodial proceedings.

For more information about ReVIDA® Recovery and their services, visit their website or call them at 423-631-0432.

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ReVIDA® Recovery Johnson City

We are committed to our patients? well-being. Every day at ReVIDA® Recovery, we challenge ourselves to continue building your trust, as you travel the path of recovery.

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