



## Local Rehab Discusses Alcohol and Trauma in Blog

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Santa Ana, CA - Pacific Sands recently published a blog post about how some people may seek alcohol to cope with trauma. When consuming alcohol becomes a way for a person to cope with their circumstances, it may develop into an alcohol use disorder. The leading hypothesis for how alcohol and trauma are connected is endorphin compensation. This hypothesis discusses how trauma and alcohol are both impacted by endorphins.

?When we experience trauma, our brain utilizes endorphins to help numb the feelings that come from it. This happens because the brain is trying to protect itself. After the trauma is over, or after our body recovers from ?going into shock,? many people experience an endorphin withdrawal, which contributes to emotional distress that commonly happens after a traumatic experience,? the blog post states.

Stigma exists in society around both mental health conditions and alcohol use disorders. Some environments may teach people that seeking help for mental health is wrong, which can lead to them not receiving treatment. They may have also learned the same for an alcohol use disorder. However, trauma can alter the brain. It impacts how someone learns things or how safe they feel in their environment.

One way trauma can impact the brain is through the development of post-traumatic stress disorder (PTSD).

This condition can develop anywhere from a few days to a few years after a traumatic event and is often a survival mechanism. Associated with PTSD are flashbacks or recurrent and unwanted memories of the event. People might even develop triggers that remind them of the event. Common symptoms of this disorder include negative thoughts about oneself, feeling numb, and being easily startled.

Shortly after following a traumatic event, people may feel like alcohol will cure their trauma, but this is not the case. As time goes on, alcohol will impact someone's physical and mental health. Many symptoms of long-term alcohol consumption may overlap with trauma, such as withdrawing from activities someone used to enjoy or concerns when it comes to relationships. Alcohol use disorders can also lead to an increase in drinking alcohol, cravings, and an inability to reduce consumption. They may also experience withdrawal symptoms when they don't drink. People with alcohol use disorders may also develop other mental health conditions, such as depression. This development may lead to poor nutrition or cleanliness, making recovering from a traumatic event more challenging. However, treatment for both an alcohol use disorder and trauma can help.

?When someone is managing both trauma and an alcohol use disorder at the same time, this is known as a co-occurring disorder, sometimes referred to as a dual diagnosis. When seeking treatment, both aspects must be treated and addressed. If one condition is addressed without the other, the odds of returning to use after treatment increase greatly,? the blog post continues.

Pacific Sands helps its clients take the first step toward a new life. It is a high-end facility with a maximum of 6 clients. The facility is great for those with mobility concerns or disabilities. Clients stay in private rooms. Pacific Sands is solution-focused as it explores what has worked for clients in the past, and its clinical director is on-site 50 hours a week.

For more information, visit their website or call them today at 949-426-7962.

Pacific Sands - The first step towards a new life.

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For more information about Pacific Sands Recovery Center, contact the company here:Pacific Sands Recovery CenterChase Brantley949-426-7962info@pacificsandsrecovery.com1909 W Carlton PlSanta Ana, CA 92704

**Pacific Sands Recovery Center**

*At Pacific Sands, in Orange County, California, we understand that clients are in addiction treatment to learn how to live their lives differently and we don't expect them to have all the answers.*

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