Local Rehab Shares How to Stop Alcohol Cravings

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BRADENTON, FL - May 16, 2024 -
Bradenton, FL ? Clean Recovery Centers shared an educational blog on how to stop alcohol cravings. With locations along the Suncoast, they provide a full-spectrum program that is easy to access.

?One way to explain why alcohol cravings exist is through classical conditioning. You might have developed alcohol-related cues, such as the sight of a local bar, due to that object?s association with drinking alcohol. Eventually, the sight of a local bar might result in your brain releasing neurotransmitters like it would if you were drinking alcohol. When you do not satisfy those responses, you may experience unpleasant effects.

However, another explanation for alcohol cravings may come from cognitive models that explain cravings as a combination of your expectations of receiving pleasure from alcohol as well as your belief that alcohol helps you cope.

The reward center of the brain activates in the presence of alcohol. The reward center interacts with the part of your brain that controls emotions and the part that controls your sensory input. Our brains like to work on patterns, so when situations associated with alcohol are remembered or experienced, it might result in these areas of stimulation of the brain, resulting in a desire to drink alcohol. This association is known as a ?trigger,?? the article states.

It is important to recognize triggers and address them. Common triggers include the presence of other people, the day of the week, the time of day, certain places or situations, mood, and the type of alcohol. Keeping a journal can help with trigger recognition and regulating emotions.

Coping strategies are crucial in maintaining abstinence from alcohol. Triggers are not always avoidable, and having a plan of what to do if they pop up can prevent a return to use. Having a support system to turn to will be key. Try keeping a busy schedule to keep thoughts of alcohol at bay. Weight the consequences of what will happen from returning to alcohol use. Practicing mindfulness and meditation can help with grounding and finding inner peace.

?The above techniques only help stop alcohol cravings at the moment when triggers arrive. However, you can achieve long-term success by participating in activities such as therapy and support groups while keeping cravings at bay. It won?t happen overnight, but eventually, you will notice the cravings become less and less.

One of the best ways to stop alcohol cravings in the long term is to attend alcoholism treatment. Treatment often includes therapy and counseling to help you develop coping skills and other valuable techniques for your recovery journey. These skills and techniques come from cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT). CBT helps change unhealthy thoughts into healthy thoughts, while DBT enables you to acknowledge your behaviors, emotions, and thoughts and balances them with positive change,? the article continues.

Many free support groups are also an option for long-term success. Alcoholics Anonymous (AA) is one of the largest free resources for those in recovery, and meetings are readily available both in-person and virtually. Connections occur at meetings, and it is helpful to get contact information of fellow peers. That way if a situation arises and a meeting is not available, there is still someone to call.

Clean Recovery Centers has been helping many find recovery for years. Their unique, three-phase approach to treatment is unlike any in the area and addresses every facet of addiction. The path can be altered to follow mental health if a condition is diagnosed. Housing is also available at each location.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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Clean Recovery Centers - Bradenton

Clean Recovery Centers in Bradenton, Florida is drug and alcohol Detoxification and Residential Level 1 treatment facility that will be opening in 2023.

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