Florida Rehab Investigates Alcohol and Depression

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SARASOTA, FL - June 24, 2024 -
Sarasota, FL ? Clean Recovery Centers is a Florida rehab center that recently published an article investigating the correlation between alcohol and depression. Their program utilizes a unique, three-phase approach unlike any in the Suncoast area.

?Depression is one of the most common mental health conditions affecting the United States. It is characterized by losing interest in activities, pleasure, and relationships that last for a long period of time. While it is normal to experience mood swings and days where we do not want to get out of bed, depression is diagnosed if you experience symptoms all day, for most days. Symptoms of depression include feelings of low self-worth, difficulty concentrating, changes in sleep and eating patterns, fatigue, muscle aches or unexplained aches and pains, and feelings of hopelessness,? the article reads.

Chemical imbalances from alcohol use can affect emotions within the brain. Alcohol lowers inhibitions and situational awareness causing reactions to change. Some will experience aggression more while drinking. An accidental bump in a crowd is seen as an intentional act, causing the person to respond with anger.

Besides anger, the person may feel their emotions deeper than if they were not drinking. Experiencing sadness from a recent, unwanted change will cause feelings of overwhelming sadness, to the point of

depression. Trying to cope with these feelings while drinking will often make them feel just as strong when drinking has stopped. This cycle of drinking to manage depression will have a negative impact on emotional health.

?Alcohol does change sleep patterns and reduces the amount of quality sleep the person gets. Heavy alcohol consumption has a sedation effect and increases rapid eye movement (REM) sleep at first. However, this only lasts for a couple of hours, and soon after, periods of waking will happen often. This makes it difficult to fall back to sleep and stay asleep. Lack of sleep plays a large role in mental health, and not getting enough sleep can cause an increase in depressive episodes. Sleep disturbances can continue after drinking has stopped, as the person goes through alcohol withdrawal,? the article continues.

Alcohol-induced depression does not last forever, and stopping drinking can help alleviate the condition. However, those managing an alcohol use disorder may continue to experience depression symptoms for weeks to months after drinking has stopped. This is typical in those who did not have depression before drinking began. In those who already have depression, especially untreated, alcohol can cause a worsening of symptoms for months or years after drinking has stopped. This is why it is imperative to seek mental health treatment to properly manage depression so symptoms do not get worse.

Depression can get worse after quitting drinking. Alcohol withdrawal is the period where the body has become used to having alcohol in the system and then it is taken away suddenly. During this time, uncomfortable physical symptoms including headaches, nausea, vomiting, shakiness, restlessness, and increased sweating occur as a signal that the body needs alcohol. This causes feelings of guilt, shame, depression, and anxiety as the person manages the physical symptoms and deals with their dependence. Alcohol withdrawal does not last forever, but the symptoms of withdrawal can become dangerous, which is why it is best to seek a medical detox.

Clean Recovery Centers is a local rehab providing both substance use disorder treatment and co-occurring mental health treatment. Each of their locations offers housing and meals are included. Their program addresses all facets of addiction including spiritual, mental, physical, and social. The alumni community is very active and meets weekly once the program is complete.

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

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For more information about Clean Recovery Centers - Sarasota, contact the company here:Clean Recovery Centers - SarasotaTerri Boyer(727) 766-0503info@cleanrecoverycenters.com6000 Deacon PlSarasota FL 34238

Clean Recovery Centers - Sarasota

In Sarasota, we specialize in phase two of the Clean Recovery Centers? three-phase treatment. Co-occurring mental health conditions are common for those with substance use disorder. In this phase, called action,

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