



Rehab Educates on Balancing Career With Recovery

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Santa Ana, CA - In their latest blog post, Pacific Sands Recovery Center, a local rehab facility, educates the community on how to balance high-pressure careers with alcohol recovery. This can be challenging but not impossible. For a pilot, it might mean ensuring they are in town for their appointments and group meetings. Communication with supervisors is vital to the success of balancing work and recovery.

"You won't be able to avoid all stressors for the rest of your life. In fact, many of them may be regular occurrences in your career. This doesn't mean that you aren't able to do your job. When you develop a support system and healthy coping skills, often found in treatment, these can help make the daily stressors of your career more manageable. They will also prevent you from returning to use," the blog post states.

Every job comes with stressors that make recovery difficult, especially for those who turned to alcohol as a way to cope with that stress. Everyday stressors people in high-pressure careers experience include excessive workloads, long hours, and tight deadlines. For those who are experiencing these stressors, there are things they can do instead of drinking alcohol. An excessive workload might mean establishing work/life boundaries, seeking support, learning to say no, or taking short walks to destress. When coping with extended hours, it looks like keeping a consistent sleep schedule, taking regular breaks, journaling, or exercising. With tight deadlines, people can try breaking the tasks into smaller steps, delegating tasks, or

rewarding themselves with a slice of pie or a new pair of shoes.

Taking care of oneself is the most critical aspect of recovery. This includes attending appointments, taking time off work, and building healthy habits as necessary. This is a challenging shift for those with busy jobs or who have always put others before themselves. However, it is still essential as it allows room for recovery. To help, having at least 1 person to turn to who understands is beneficial to the success of recovery. They can be someone who helps with stressors and provides accountability and motivation along this journey.

In California, there are many resources available for professionals with alcohol use disorders. Depending on the career, it may have a state-run organization designed to help those in the career through the process that complies with the Board or Bar. These organizations are not treatment programs. Instead, they are programs that provide caseworkers who monitor people's progress and report them to the necessary Boards and Bars. These include the Lawyer Assistance Program (LAP), the California Recovery Program, and the Pharmacist Recovery Program.

"Reaching the point where you are ready to return to your career can take some time and support. If you have been instructed by an organization above you to receive treatment for an alcohol use disorder or if you are deciding to find recovery on your own, treatment at an alcohol rehab is your first step," the blog post continues.

Pacific Sands Recovery Center is dedicated to providing a solution-focused approach for each client who enters treatment. Their high-end facility with private rooms has a maximum of 6 clients. The clinical director is also the primary therapist, and they are on-site 50 hours a week. This allows them to work with each client individually to ensure they discover and receive the healing they deserve.

To learn more about them, visit their website or call them 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 Center Chase Brantley 949-426-7962 info@pacificsandsrecovery.com 1909 W Carlton Pl Santa 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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