Local Rehab Empowers Patients to Manage Triggers During Recovery

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Duffield, VA? ReVIDA® Recovery is a local medication-assisted treatment (MAT) rehab clinic that treats opioid use disorder (OUD) in Appalachia. The organization recently published an article detailing tools to help patients manage their triggers during recovery.

?A trigger is an environmental, emotional, or social cue that reminds you of your past opioid consumption or brings up intense cravings for opioids. When you?re living with OUD, opioid use becomes a part of your daily routine. You begin to associate opioid use with the places you were or people you were with when you participated. You'll feel a strong urge to return to use when you visit those people or places while in recovery.

?Feelings are also common triggers for people in recovery from OUD. If you?ve used opioids to avoid big feelings in the past, you may want to consume opioids when those feelings crop up in your life.

?Triggers often get easier to handle the longer you?re in recovery. The most effective way to avoid a return to use is to identify your triggers, avoid them as best you can, and develop strategies to manage triggers when they do occur,? the article begins.

There are two different types of triggers: internal and external. Internal triggers are thoughts and feelings people in recovery experience that make them crave opioids. This can include things like nostalgia for substance use, as well as negative emotions like anxiety, depression, and guilt.

External triggers are places and experiences that remind someone of opioid use and lead to cravings. Examples include sights, smells, and tastes associated with opioids, social events like parties or family gatherings, relationship problems, and easy access to substances.

?When you enter familiar situations, make a conscious effort to note how they make you feel. Consider starting a journal or even just taking notes on your phone. This way, you can get thoughts about your triggers from your head and onto paper. Having a record will also help you keep track of your triggers so you have fewer surprises.

?You should also talk to a trusted friend or family member about your triggers. They may be familiar with your patterns and be able to help you identify potential triggers. It is also worth letting someone know your triggers so you?re not alone when you experience one.

?Practicing mindfulness techniques can also help you identify triggers. Check in with your body. Cravings, a sense of anxiety, and physical discomfort can all be signs of triggers,? the article states.

The first step in managing triggers is avoiding them when possible. For many people, this means setting boundaries with loved ones who are still actively taking opioids or who might encourage them to take opioids. Sometimes, avoiding triggers means that a person can no longer frequent locations that they associate with substance use.

Avoiding internal triggers is more complicated, but building a healthy lifestyle can help. Developing an exercise routine, finding supportive friends, and joining a volunteer organization are different ways to maintain a positive headspace.

?It is important to have a pre-existing plan for what you?ll do when you inevitably get triggered. For example, if you?re going to a social gathering where you know you might be triggered, make sure you know ahead of time when you?re leaving and how you?re getting home. Consider creating a code word with a trusted person, like your spouse, to discreetly signal when you're feeling triggered so they can support you.

?Keep a list of people you can reach out to when triggers occur. Good examples include a therapist or sponsor. Talking to others who have been where you are can help you determine the best way to get through triggering situations.

?In the short term, distractions can be a useful tool for getting through triggers. Listen to music, draw, or read a book. Anything you can do to keep your mind off what has triggered you will help you get through the moment,? the article concludes.

ReVIDA® Recovery has years of experience treating OUD in Tennessee and Virginia. They also provide assistance in finding additional resources, like help applying for assistance programs, SNAPS, and job opportunities. ReVIDA® staff has seen how successful MAT is in treating this life-threatening disorder. To learn more about ReVIDA® Recovery, call 423-631-0432 or visit their website.

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ReVIDA® Recovery Duffield

We are committed to your well-being and building a foundation of trust in you. Every day that you arrive at ReVIDA® Recovery Duffield, you will see us challenging ourselves to make your experience even better than your last visit.

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