

When it comes to getting and staying sober there are many challenges that impact both parts of this transition in lifestyle. However, if you are ready to make the transition to a sober lifestyle, there are many ways and supports you can access to help you through the process of getting and staying sober.

**Findlay Recovery Center** is a drug and alcohol rehabilitation center in Findlay, Ohio dedicated to supporting individuals as they work through the changes necessary for living sober. If you are ready to make that change as well, contact us today to see how we can support you.

## What Does It Mean to Get Sober?

Getting sober is a difficult task. It involves more than just stopping using the substance being abused. Because of how addiction physically impacts the body and brain, it makes getting and staying sober challenging.

Addiction works to increase the positive feelings in the brain and alters the physical feelings in the body. When a person is trying to get sober, their body will react to not having the substance. Individuals going through detoxification (the technical term for getting sober) their body removes the toxins and because of how the toxins affect the chemical reactions in the body, the body then goes through withdrawal.

To get sober, a person will undoubtedly go through some type of withdrawal. This process should be medically monitored in a detoxification facility or hospital because of the various symptoms it can cause in the body. Typical **withdrawal symptoms** include increased anxiety, depression, sleep disturbances, mood swings, changes in personality, nausea, sweating, and vomiting. While those seem mild, there is a possibility they are accompanied by much more severe withdrawal symptoms based on how the body responds to not having the toxin in the system. Severe withdrawal symptoms include cravings, hallucinations, seizures, breathing problems, night terrors, psychosis, and death. By going through detoxification in a treatment facility, medical professionals can help mitigate some of these symptoms with medication, monitor your progress, and work to prevent more severe withdrawal symptoms.

## What Is the Difference Between Getting and Staying Sober?

The difference between getting and staying sober is the process. Getting sober includes making the choice to stop using substances and going through withdrawal. Staying sober is the second step in this process.

Staying sober includes putting a number of supports in place to keep your body free from those substances. Those supports are best developed through some sort of rehabilitation program. Residential inpatient treatment programs work to combine addiction treatment with holistic healing therapies to provide an encompassing rehabilitation experience for individuals.

Another option is outpatient care where individuals work to remain sober while attending individual and group therapy several nights a week. Through this process individuals can maintain a sense of normalcy in their life while undergoing treatment.

While neither treatment program is better than the other, individuals who have tried and struggled to maintain sobriety previously should consider an inpatient residential treatment facility. When attempting to complete an outpatient program, individuals are still surrounded by the environment that drugs were in and that can be difficult for someone newly sober.

## What Are Some Tips for Long-Term Sobriety?

There are several factors that can support individuals attempting to maintain long-term sobriety. **Studies** have shown that individuals who maintain motivational constructs (especially the consequences of substance abuse) and who focus on utilizing social and community resources are better able to maintain their sobriety.

Additionally, it is important for individuals working towards maintaining sobriety not to fall for the “just one” trick to attempt to challenge themselves and test their sobriety. This slip in recovery can lead to devastating consequences and the need to restart the getting and staying sober process.



Finally, individuals can work towards long-term sobriety by staying active in group therapy sessions. This low-risk form of support provides social and structured support for individuals who may be doing well, but have a moment of need.


## How Can Findlay Recovery Center Help Me With Getting and Staying Sober?

Findlay Recovery Center can help individuals with the process of getting and staying sober with our detoxification and residential inpatient treatment program. Our clients receive high-quality care from experienced medical professionals.

At our Findlay rehabilitation facility, we offer a multitude of treatment options for clients. When our clients arrive, they go through a detailed detoxification process and work with our technicians to develop a treatment program that meets their specific needs.

At Findlay Recovery Center, we believe anyone can achieve long-term sobriety. **Contact us** today to see how we can support you.

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Contact Details

1800 Manor Hill Road Findlay, Ohio

45840

1-855-605-2135



Hours of Operation

Weekdays

24 Hours

Saturdays

24 Hours

Sundays

24 Hours

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24 Hours

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

