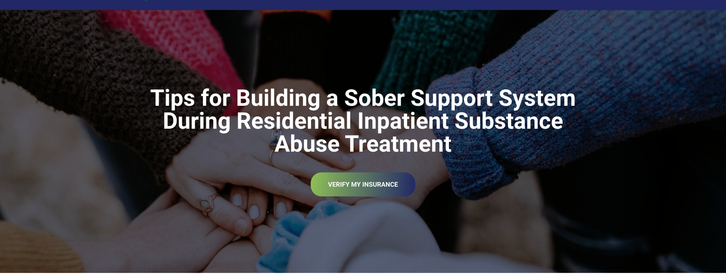

Tips for Building a Sober Support System During Residential Inpatient Substance Abuse Treatment

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Starting the journey of recovery from substance abuse can be overwhelming and intimidating. Fortunately, there's help available. Creating a strong sober support system during residential inpatient treatment is one way to ease this transition.

Not only can it provide emotional and psychological comfort throughout difficult times but also ongoing support for when you return home after completing your program. We look at key steps you can take to build a supportive network that will help keep you on track with your recovery goals–now and for years to come!

Identify the people who will be part of your sober support system

Identifying the people who will be a part of your sober support system is an important step towards ensuring a smooth transition to a sober lifestyle. This can include family members, close friends, or even support groups such as Alcoholics Anonymous.

Sharing your struggles and triumphs with others who understand what you are going through can provide a sense of comfort and motivation. It is important to remember that your support system is not a one-size-fits-all solution. It may take time and effort to find the right people to support you, but the benefits of having a strong sober support system are immeasurable.

Make a plan to stay connected with your support system while in treatment

Going through a treatment can be a challenging experience, but with the help of your support system, you can persevere. Staying connected with them is crucial to keep you motivated, inspired, and loved throughout your journey. Making a range of communication plans such as video calls, letters, and texts can help you keep in touch with loved ones and provide the support you need.

You can also create a schedule that allows you to share updates and news with them regularly. Sharing your feelings, worries, and successes can provide emotional support, help you stay positive, and give you the motivation needed to recover successfully.

Create an exercise routine for yourself and stick to it

With so many distractions and demands on our time, it can be challenging to prioritize exercise. However, taking care of our bodies is essential for both physical and mental wellbeing. Creating an exercise routine and sticking to it can help us stay on track and ensure that we are getting the activity we need to maintain a healthy lifestyle.

From morning yoga to evening jogs, there are countless ways to incorporate movement into our days. The key is to find what works best for us, set achievable goals, and hold ourselves accountable. By making exercise a part of our routine, we can improve our health, increase our energy levels, and feel more confident in our daily lives.

Join support groups and look for mentors during your time in treatment

Joining a support group allows you to connect with others who may be going through similar challenges and share your experiences. It can be a powerful tool in helping you feel less alone and more understood.

Additionally, finding a mentor–someone who has gone through the same treatment or has experience in the field–can be a valuable resource for advice and guidance. They can provide insight and perspective that you may not get from your healthcare providers alone. So if you're in treatment, remember that you don't have to go through it alone.

Stay organized with a daily schedule that includes times for positive activities

By scheduling activities like yoga, meditation, or even a simple walk in the park, we can boost our mood, increase our energy levels, and feel more productive. Whether you're a stay-at-home parent or a busy executive, taking a few minutes each day to organize your schedule will not only help you feel more in control but will also allow you to prioritize your well-being.

So why not give it a try? You may be surprised at just how much of a positive impact it can have on your day-to-day life.

Contact Findlay Recovery Center Today

When creating a sober support system, people who have recovered from substance abuse can be invaluable resources for guidance and empathy. Recovering individuals should aim to establish a sustainable long-term recovery plan with measurable goals that will keep them on track with their progress in order to maintain sobriety over time.

For more information about building your own sober support system during residential inpatient substance abuse treatment consider contacting Findlay Recovery Center at your earliest convenience for personalized advice needed for attaining long-term success in recovery.

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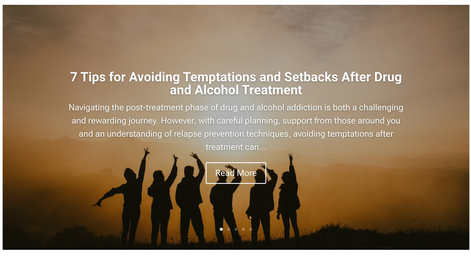

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Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.

Complete Pre-Assessment

Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.

Plan Travel & Admit

Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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1800 Manor Hill Road
Findlay, Ohio 45840

1-855-605-2135

Hours of Operation

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.