# 8 Ways to Prioritize Sobriety During the New Year

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especially true for those who have recently decided to quit drinking, as they may find themselves surrounded by friends and family who are still indulging in alcohol. To help navigate this challenging time, here are some tips for staying sober during the new year.

## Make a list of goals for yourself and track your progress each month

We all have things we want to achieve in life, but it can be tough to stay motivated and on track. That's where setting goals and tracking your progress comes in handy. By creating a list of achievable objectives, you give yourself something to strive for and a roadmap to follow.

Whether you want to improve your health, advance in your career, or learn a new skill, setting specific goals is key to success. By tracking your progress each month, you can celebrate your successes and adjust your game plan as needed. So don't wait – make your list of goals today and start working towards a brighter future!

## Identify triggers that cause you to reach for alcohol and come up with alternative coping strategies

Alcohol consumption can often become a coping mechanism for individuals who are dealing with stressful situations or negative emotions. Identifying the triggers that cause you to reach for alcohol is the first step in breaking this pattern. Perhaps it's a long day at work, a fight with a loved one, or even just boredom.

Once you've recognized what prompts your urge to drink, you can work on alternative coping strategies. These can include:

- Going for a walk or run
- Practicing deep breathing or meditation
- Talking to a friend or family member about your feelings
- Engaging in a hobby or activity that brings you joy

By developing healthy ways to cope with stress, you can break the cycle of relying on alcohol and improve your overall well-being.

## Join an online or in-person support group, such as Alcoholics Anonymous

Joining a support group can be a life-changing decision, especially for those who struggle with addiction. Alcoholics Anonymous (AA) is one such group that has helped countless individuals overcome their battle with alcoholism.

Whether attending in-person or online, these support groups provide a safe and non-judgmental space for members to share their experiences and lean on each other for support and guidance. The communal nature of AA fosters a sense of belonging and accountability, which can prove invaluable to those hoping to maintain sobriety. While the journey may be challenging, the help and camaraderie gained through AA can make all the difference in the recovery process.

## Find new hobbies or activities you can do sober, such as painting or playing sports

The decision to live a sober life can be a challenging one, but it also presents a wonderful opportunity for personal growth and exploration. Finding new hobbies or activities can be an exciting way to fill the time and stay focused on your goals.

A few of these sober-free hobbies can include:

- Painting or drawing
- Playing a musical instrument
- Practicing yoga or meditation
- Joining a sports team or exercise class
- Volunteering in your community
- Exploring nature and going on hikes
- Attending cultural events or trying new foods

No matter what you choose, the important thing is to find an activity that you enjoy and that brings you a sense of fulfillment. So why not challenge yourself to try something new and see where it takes you?

## Look into sober living options, such as halfway houses or sober homes

Going through recovery from addiction can be a grueling journey. Finding a safe and supportive environment to aid in the recovery process is essential. Sober living options such as halfway houses and sober homes can provide a structured and accountable atmosphere for those seeking sobriety.

These facilities often have strict rules that encourage positive behaviors such as drug testing and curfews. Additionally, residents have the opportunity to form friendships with others on similar paths. Sober living options can provide an effective stepping stone for individuals who are working towards a healthy and fulfilling life in recovery.

## Seek professional help from an addiction specialist or therapist

Dealing with addiction is a tough journey that requires not only self-motivation but also professional help. Seeking out an addiction specialist or therapist can be challenging, but it can also be the lifeline that you need to help you overcome your addiction.

These experts have the training and experience to guide you through your journey to recovery. They can offer you support, as well as provide you with tools and techniques to help you cope with your addiction. While it may seem daunting, remember that reaching out for professional help is the first step towards a healthier and happier life.

## Reconnect with friends and family members who don't drink

Nowadays, it can be quite challenging to keep in touch with your non-drinking friends and family members. However, taking the time to reconnect with them can lead to a positive change in your life. Perhaps you have been so caught up with your drinking buddies that you have neglected your loved ones.

Rekindling these connections can help you build stronger relationships and boost your mental and emotional well-being. Try reaching out to them through phone calls, video chats, or even meeting up for a coffee or a game night. You may discover that spending quality time with your non-drinking loved ones can be just what you need to enhance your overall life satisfaction.

## Consider medication-assisted treatment if it is appropriate for your situation

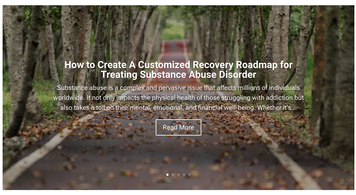
When it comes to addiction recovery, there are a variety of treatment options available. Medication-assisted treatment (MAT) is one option that may be appropriate for certain individuals struggling with addiction. MAT involves the use of medications, in combination with counseling and behavioral therapies, to treat substance abuse disorders.

These medications can help reduce cravings and withdrawal symptoms, making it easier for individuals to focus on their recovery. It is important to note that MAT is not a one-size-fits-all solution, and should be considered based on an individual's unique needs and circumstances. If you or a loved one is struggling with addiction, it may be worth exploring if medication-assisted treatment is a viable path toward recovery.

## Contact Findlay Recovery Center Today

Sobriety should always be the top priority when entering a New Year. This holds for those who recently began their journey to recovery or those including sobriety in their resolutions list. If you are struggling with substance use disorder and need help, don't wait around for life to become easier. Seek assistance now and do not let this disorder govern your life.

At Findlay Recovery Center we have trained professionals who can provide support on how to remain sober between the barriers faced in everyday life. We believe that this year will be the year of change and hope that you choose to seek help and make sobriety your top priority during the New Year! So contact us today so we can start helping you live a happier and healthier lifestyle free from addiction.



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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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