

TOP 10 THINGS TO DO WHEN BEGINNING YOUR RECOVERY JOURNEY



REMOVE ALL ALCOHOL/DRUGS FROM YOUR HOME

It is a good idea to do this with a supportive person or have a supportive person remove everything for you.



KEEP LIFE SIMPLE.

Try not to overextend yourself or make major life changes – outside of ensuring personal safety.



PRACTICE SELF-CARE.

Try to get 8 hours of sleep, eat a balanced diet, drink a lot of water, and begin an exercise routine (after a visit with a medical doctor).



LEAN ON SUPPORT SYSTEM.

Talk to people who support you about what is going on in your life and reach out when you need it.



TRY TO LIMIT STRESS.

Stress is a common trigger to use.



USE COPING SKILLS.

Practice, practice, practice is how coping skills become habits.



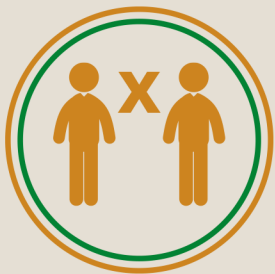
CHECK OUT RECOVERY MEETINGS.

Many people try a few meetings before they find the best fit. Some options include: AA, SMART, SOS, Refuge Recovery, All Recovery.



PUT IN THE WORK.

Dedicate as much time and money to recovery as you did to using.



AVOID USING SITUATIONS AND PEOPLE YOU USED TO USE WITH.



PRACTICE RIGOROUS HONESTY.

Disclaimer: All content on this website is for informational purposes only. It does not substitute for clinical treatment or advice. If you, a friend, or a family member is struggling with mental health and/or addiction issues please call our main office at 952-926-2526. For emergencies, go to your nearest emergency room and/or dial 911.



CLUB RECOVERY
ADDICTION TREATMENT FOR YOUR PATH TO RECOVERY



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