New Start Recovery Solutions

Concord, Bangor, Sacramento, Monterey, Reno

Relapse Prevention Plan



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A Relapse Prevention
Plan helps build
critical thinking and
avoidance strategies.

This makes it possible to stay focused on achievable goals without activating stressors and triggers.







The main things we are trying to identify are highrisk situations and how to manage them.



We all have "selftalk" in our head and this can lead to positive or negative thinking.



In a relapse situation, self-talk can be negative feelings and emotions.



Negative self-talk can lead to unwanted and negative actions and relapse.



Relapse Prevention Daily Check-in

It is important to remember:
With a relapse prevention
plan – you don't have to
relapse to work it.

▶ Urge - Am I craving my substance of choice?

- . Is my schedule today manageable enough to keep my stress level low?
- . Do I plan on doing anything that would sabotage my recovery or the goals in my treatment plan?
- Feelings and Emotions Check in with yourself about how you are feeling emotionally.
 - . Find someone you trust to talk with (sponsor, support group or therapist) so the feelings and emotions can be understood and processed.
 - . In relapse prevention it is important to write down feelings in a journal or computer.
 - . Writing out feelings will give you time to think and helps processing of emotions.
 - . Processing and understanding your emotions might be hard at first.
 - . However, you will begin to feel better when you start to identify exactly what it is you are experiencing emotionally on a daily basis.

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You can't think your way out of problems that you behaved your way into.

- Action Plan How are you taking positive action in your relapse prevention plan? How are you building a better quality of life for yourself so you can move forward in a positive direction?
- Think Always think about how you react to the choices and actions of your daily life.
- **▶ Journaling** helps identify strategies to build a positive outcome and how to avoid triggers that once held you back in life.
- ► Honest Evaluation take a look at your behaviors and understand the way they will play out in your new life of recovery.

Mindfulness for Preventing Relapse

New Start Recovery Solutions
uses Mindfulness as an essential
part of our dual diagnosis
addiction treatment.

Mindfulness means having the internal focus to be quietly aware of your own thoughts and impulses (without judgment) – and without acting on the impulses.



Benefits of Mindfulness

- Enhanced Immune System
- Increased Blood Flow
- Calm and Inner Peace
- Reduces Stress, Depression & Anxiety
- Increases Energy
- Creates a Space Between Thoughts
- Helps Identify Habitual Behaviors
- Develops Compassion: Self & Others
- Helps Reduce Habitual Reactions
- Experience of Personal Spirituality



Mindfulness

Mindfulness provides skills and practices to loosen our identification with thoughts.

This helps individuals to recognize that the *content of a thought* (and the resulting habitual emotions and triggers) are not absolute "truth."

By creating a space between emotional triggers and habitual reactions — individuals can create a permanent cognitive re-structuring away from habitual and self-destructive addictive behaviors.

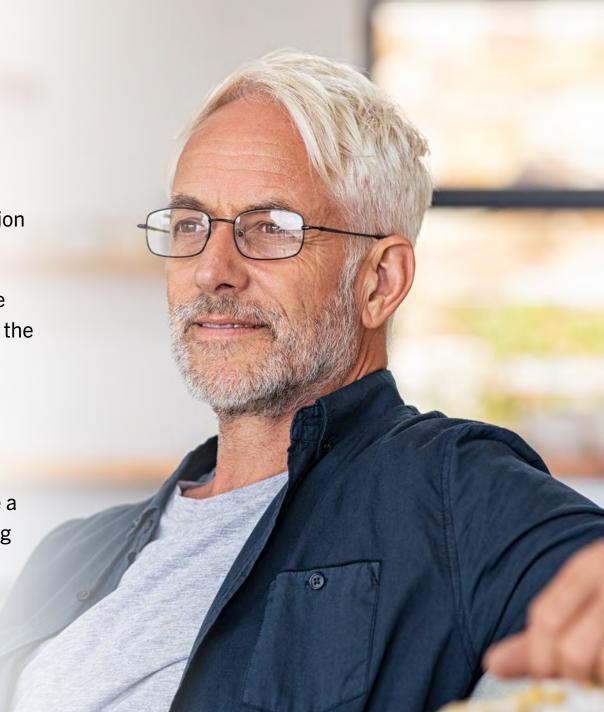


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Results of Mindfulness?

- More calmness, inner peace and increasing compassion for self and others.
- Many who practice mindfulness meditation experience a gradual and natural increase in gratitude.
- Another benefit of mindfulness meditation is personal growth and a deepening experience of personal spirituality.
- Mindfulness is an essential skill for addiction recovery and relapse prevention at New Start Recovery Solutions.

How Does Mindfulness Help Addiction Recovery?

 With mindfulness practice - a space of awareness is created between impulse and actions.

 With increased non-judgmental self-awareness – impulsive and habitual behaviors can decrease.

 This means that the effects of triggers can be decreased or eliminated.

 Impulsive actions are no longer automatically activated.



What we learn we practice What we practice we become.

QUESTIONS?



It's OK to Ask for Help! New Start Recovery Solutions

Visualizing Your Ideal Life While in Recovery is Your Job — Getting You There is Ours.



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