

# 10 Key Coping Skills For Addiction Recovery

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Taylor Timothy

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## Don't React To Things Immediately

You need to learn not to react to things immediately. Take a breath, think about the situation and then choose a reaction that fits the situation. Taking this time avoids irrational responses.

## Relax In Any Given Situation

It's important to be able to relax in any situation. The more worked up you are, the more likely you are to make a decision that is negative or irrational. Use techniques such as breathing exercises, going for a walk, listening to music or whatever works for you to calm down.

## Stay Healthy As Much As You Can

Leading a healthy lifestyle will help you to continue **your recovery process**. Part of the addiction treatment will be to learn to live a healthy lifestyle, so following this and keeping your body in the best condition will help you.

## Practice Mindfulness And Meditation

Mindfulness and meditation can often help you work through a lot of your emotions. This process helps you to relax, and also allows you to look at your feelings, accept them without judgment and then move on. Burying your feelings is not going to help, you need to accept them, work through them in a healthy way and then move forward.

## Remain Honest With Yourself And With Others

It's important that throughout the recovery process and beyond that you remain honest with yourself, and with those around you. If you are struggling, say you are struggling. Honesty is a huge part of recovery.

## Keep Yourself Busy

A busy mind is a happy mind. If you are constantly focusing on other things, then you don't have time to think about whatever you used to think when you were **addicted to a substance**. Instead of seeking out drugs like you used to, you can make a to-do list in the morning and spend the day getting through it.

## Build A Sober Support Network

It always helps to know that there are people on your side. Build up your support network of sober people, including people who have been through the same or similar to you if you know anyone like this.

## Understand And Avoid Triggers

**Part of your recovery** is going to be to understand the things that trigger you. Once you know what they are, you need to be able to avoid them as much as possible.

## Keep A Journal

Sometimes, you don't want to talk about how you're feeling to others, or it feels too difficult to say it out loud. If this is the case, a journal may be really beneficial. You can let out everything you want to say, and you don't have to worry about how it's coming across.

## Be Grateful

The final thing that we are going to say is that if you find yourself grateful for the chance at recovery and how far you have come, you will find it easier to cope.

At **Grand Falls Addiction Treatment Center**, we are here to aid your recovery in any way possible. We aim to help those who are suffering from addiction, aiding them in turning their life around for the better. Get in touch with us if you or a loved one is struggling today.

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### Contact Us

5615 W. 32nd Street  
Joplin, MO 64804

1-855-904-5910

[info@grandfallsrecovery.com](mailto:info@grandfallsrecovery.com)