

Allegheny-Kiski

Health

Foundation

An Independent Community Resource

*Improving the Health, Wellness and
Quality of Life in the Alle-Kiski Valley*

Celebrate Recovery by Staying on Track

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1. Keep up or start health promotion activities

- Increase success by avoid the temptation to make too many changes at one time .
- Promote better sleep habits.
- Improve nutrition.
- Exercise regularly after checking with your doctor about safety.
- Keep up or start new spiritual practices.
- Keep up or start immunizations that are age or condition appropriate (ex. Flu shots).
- Continue or start stress management/relaxation strategies.
- Include family and/or friends who are supportive in your treatment and recovery (Couples/ Family therapy, Al-Anon, NAMI).
- Work to strengthen your relationships and develop new ones with people who do not drink/use
- Identify your triggers to drink/use and work with your doctor, therapists and support people to deal with them
- Keep or start a journal.
- Practice safe sex.
- Keep up or start treatment for medical/mental illnesses and dual diagnoses.
- Discuss all medications, supplements, “natural” remedies, therapies, etc. with all healthcare providers to avoid potentially dangerous interactions (ex. Medical doctor, psychiatrist, dentist, therapists).
- Start or continue attending support groups – obtain a sponsor if you do not have one (ex. AA, NA, NAMI).
- If prescribed medications, choose a method to remember to take them consistently, take as directed, learn side effects and when/who to report them too rather than just stop them on your own.
- Avoid alcohol, illegal drugs, misuse of prescription pain medications and/muscle relaxers.
 - Alcohol or other substances may bring temporary relief, but they also cause depressed mood, can make original problems worse after the effects wear off, and can interact with prescribed medications causing serious, potentially life threatening medical problems.
- Be an informed consumer of healthcare and partner in your healthcare team.

(References: <http://mentalhealth.samhsa.gov>; <http://www.healthypeople.gov>; <http://www.niaaa.nih.gov>; [www.NIDANIH](http://www.nid.nih.gov); www.drugabuse.gov)