



Alpha Guide To Prevent Relapse



WRITTEN BY

Dr. Parth Soni





Congratulations!

You'er sober and ready to go home. You are now **Alpha Human**

You did well. You have healed. Here is a small gift from Alpha to help you maintain sobriety after leaving here.

The Ultimate Guide to prevent a relapse after leaving **Alpha**.

It may not have been easy. But you took the right decision. You took the steps to change your life.

Now we want you to stay strong, stay positive and stay sober for yourself, for your loved ones.

Find new purpose, new meaning to life. Share love, joy and embrace new beginnings.

You have sowed the seed. Now nurture the plant until it becomes a strong tree.



Ultimate Guide to prevent relapse

Introduction

Relapse refers to the recurrence of substance use after a period of abstinence or sobriety. It can occur at any point during the recovery process, and it is not uncommon for individuals in recovery to experience one or more relapses.

Relapse can be caused by a variety of factors, including triggers such as stress, social situations, or negative emotions. It is important to understand that relapse is not a sign of failure, but rather a common and natural part of the recovery process.

By learning how to identify and manage triggers and developing effective coping strategies, individuals in recovery can work to prevent or minimize the impact of relapse on their journey towards sustained sobriety.

"Choosing sobriety is choosing self-love, self-respect, and self-worth"



Steps to prevent relapse after leaving Alpha

- **Make a Post-Rehab Plan**

Before you leave Alpha, work with your counselling team to create a plan for aftercare. This plan should include specific goals, strategies for relapse prevention, and a list of resources that you can access if you need support.

- **Build a Strong Support System**

Surround yourself with a strong support system of family, friends, and others who can help you stay on track. One way to maintain sobriety after completing rehab is to attend our support groups where we offer a safe and non-judgmental environment for connecting with others who are also in recovery. These are Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) weekly meetings.

Here you will find a sense of community and understanding that can be hard to find elsewhere, which can be crucial for you. Through sharing experiences and receiving guidance, individuals can gain valuable insight and encouragement to stay sober.

Consider working with a sponsor or therapist to keep you accountable. You may opt for a package of 10 counselling sessions with Alpha. Ask your personal trainer for details.

"Seeking professional help is also self love"

Steps to prevent relapse after leaving Alpha

- **Avoid Triggers**

Triggers are situations, people, or things that can lead to a relapse. Identify your triggers and make a plan to avoid them or handle them if they occur. Common triggers include people who use drugs or alcohol, certain places, and stress. Learning new ways to manage stress and anxiety is crucial in avoiding triggers.

- **Stay Active and Engaged**

It's important to stay active and engaged in recovery activities to prevent relapse. This could include attending support groups, volunteering, or participating in hobbies and activities that you enjoy.

Being a part of a recovery community can be beneficial for maintaining sobriety as it offers opportunities for connecting with individuals who support and encourage your journey towards recovery.

Join gym, go for walks, travel whenever you can, start gardening or learn to cook. Make your time productive and interesting by indulging in activities that you enjoy.



Steps to prevent relapse after leaving Alpha

- **Practice Self-Care**

Taking care of your physical and mental health is critical in maintaining sobriety. One way to support a successful recovery journey is to prioritise self-care practices such as getting sufficient sleep, maintaining a healthy and balanced diet, and engaging in regular physical activity. It also means taking time to do things that you enjoy, such as reading, writing, or spending time outdoors.

It's also important to address any underlying mental health conditions with therapy or medication. By prioritising self-care, individuals can work to address physical, emotional, and psychological needs that may have contributed to substance use in the past.

Additionally, self care practices can help reduce stress, increase energy levels, and improve overall well-being, making it easier to maintain sobriety over the long term.

Take a post rehab counseling package so you can stay connected with your counsellor who will help you with ways and means to stay clean.



Steps to prevent relapse after leaving Alpha

- **Manage Cravings**

Cravings can be a significant challenge during the recovery process. To manage cravings, try using distraction techniques, such as exercising or calling a friend. You could also practice mindfulness, deep breathing, or other relaxation techniques. Finding healthy ways to cope with emotions, such as talking to a therapist or journaling, can also help you manage cravings.

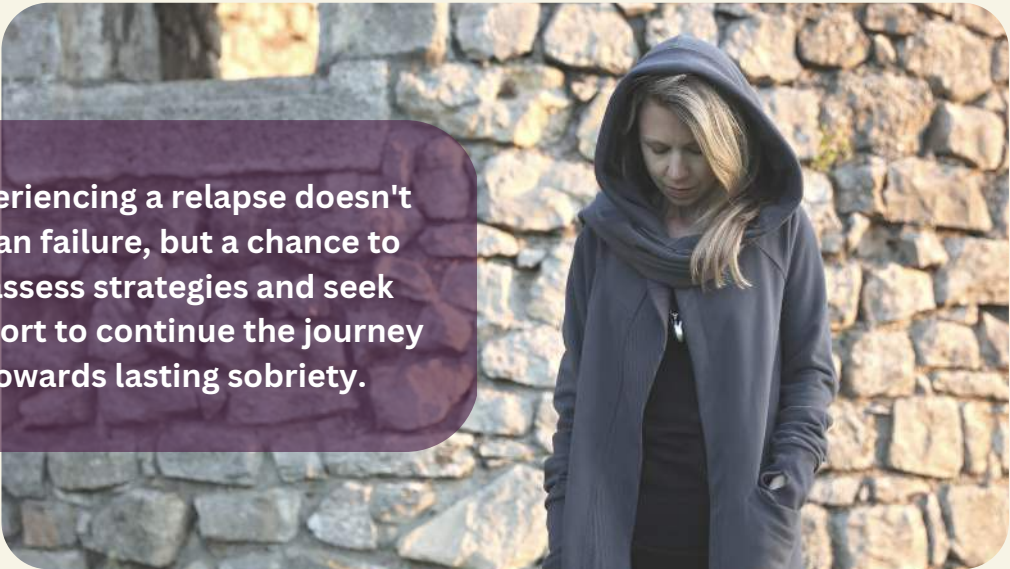
- **Celebrate Milestones and Successes**

Celebrating milestones and successes in your recovery journey can help you stay motivated and remind you of the progress you've made. Celebrate your milestones, whether it's one week, one month, or one year of sobriety. Consider rewarding yourself with something you enjoy, such as a favourite meal or activity.

- **Be Prepared for Setbacks**

Recovery is a journey, and setbacks are common. If you experience a relapse, don't give up. Reach out to your support system and use it as an opportunity to learn and grow in your recovery journey. Stay connected to treatment and therapy, and take steps to avoid triggers that may have contributed to the relapse.


"Seeking professional help is like putting on a life vest in the middle of a stormy sea. It may not calm the storm, but it will keep you afloat and give you the strength to swim towards the shore."



Experiencing a relapse doesn't mean failure, but a chance to reassess strategies and seek support to continue the journey towards lasting sobriety.



Online AA Meetings
Conducted on
every Thursday



Family Meetings
Conducted
twice in a month
on 2nd and 4th
Saturday

Team Alpha will always be just a phone call away.

If and when you feel the urge, take two minutes to call your counsellor before submitting to the urge.

Give yourself that chance.

Ways to connect



PHONE CALL

We are just a
call away
91-8154921686



WHATSAPP



WEBSITE

www.alphahealingcenter.in



WE ARE SOCIAL

We are
available
over FB, IG,
Youtube,
Twitter, LinkedIn

We thank you for loving
yourself, healing yourself and
reinventing you.

Subscribe to our weekly newsletter!



Join our community of Alpha Humans - You are
a fighter. Stay connected to help and support
others, share stories, stay motivated and
motivate others.
Your share, you grow!

SIGN UP NOW



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