

8 Tips to Manage Anxiety in Addiction Treatment

by Robert Alexander Center | Jan 25, 2023 | Blog



Managing anxiety is one of the things you might need to do when you're going through addiction treatment. It's not something that you can afford to ignore or overlook though. You'll give yourself a much better chance of overcoming your addiction problems and making a success of drug rehab or detox if you know how to manage your anxiety.

We're going to talk today about some of the steps you might want to take in order to start moving forward with dealing with those feelings of anxiety in your addiction treatment. Each of the tips and ideas we're about to discuss will help you to manage your anxiety much better and prevent it from negatively impacting your addiction treatment here at The Robert Alexander Center for Recovery.



Get Enough Sleep

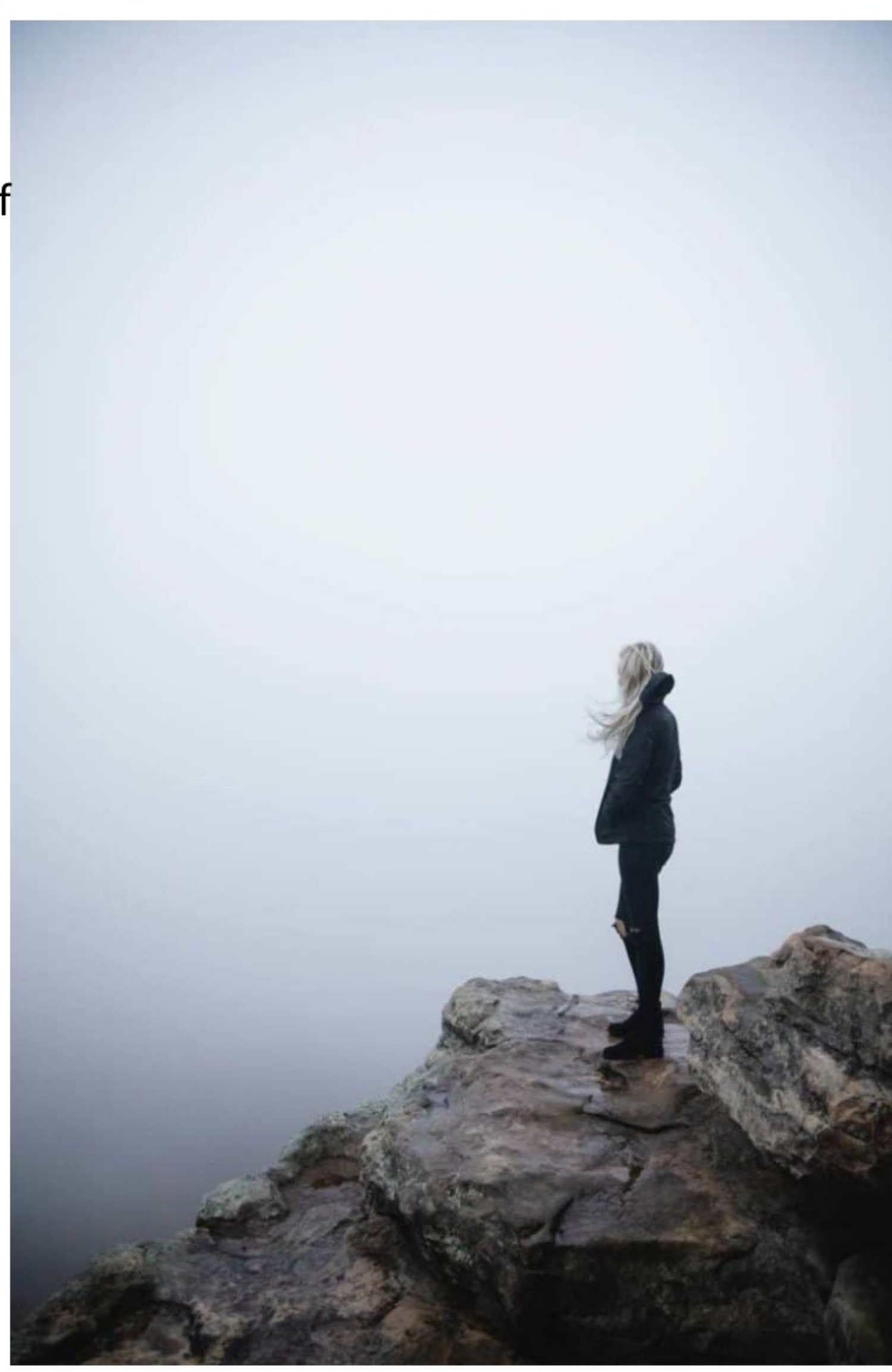
Getting enough sleep is critical for anxiety management during addiction treatment. According to research, a lack of sleep can exacerbate anxiety symptoms and make coping with the problems of addiction recovery more difficult.

A regular sleep schedule can help minimize anxiety symptoms and enhance general well-being. A steady sleep schedule is essential for getting enough sleep, so if that's something you don't have yet, you need to work on it.

Try to Stay Active

It's a good idea to stay active because when you're moving your body, it's beneficial not just from a physical point of view but also from a mental point of view. Lots of people feel more positive, upbeat, and invigorated when they move.

Think about how you feel when you sit around, do nothing and focus on the thoughts going around your head. It's not great, right? Well, that's a good example of how staying active helps a lot.



Practice Relaxation Techniques

Relaxation techniques might help you control your anxiety during addiction treatment. These approaches can help relieve stress and tension in the body and mind, alleviating anxiety symptoms. Deep breathing, meditation, yoga, and progressive muscle relaxation are all popular relaxation techniques. Deep breathing exercises entail taking deep, controlled breaths and can be performed anywhere or at any time. Give them a try and see if it works for you.

Talk to a Therapist About Your Feelings

It can also sometimes be helpful to talk to someone about how you're feeling. When you speak to a therapist about the feelings of anxiety you're experiencing, it becomes much easier for you to process those thoughts and understand why you might be having them. From there, you should find it easier to deal with feelings of anxiety moving forward. So if you don't talk to a therapist already, that's something to consider.

Identify Your Stress Triggers

Events or situations that can produce worry or distress are known as stress triggers. Triggers can differ from person to person and can include specific places, persons, or memories. Knowing what causes your stress and worry might help you better prepare for and manage these emotions when they arise. Keep a notebook and record when you feel worried while in addiction treatment, what the circumstance was, and any other pertinent facts to determine your stress triggers.

Eat a Healthy Diet

A healthy diet is definitely something to think about and focus on if you want to improve your wider physical and mental health. Believe it or not, your diet will impact your anxiety and mental health as well, so try to keep it as healthy as it can be. You'll feel a lot better about yourself at the very least.

Make the Most of Your Personal Support Network

When you have people around you who are supporting you and looking to help you get through your addiction treatment, you should make the most of that. The people who love you want to support you and make things easier for you during this difficult time, so try not to shut them out.

Stay Consistent with Your Medication

Finally, you should ensure you're working with your medical care providers to stay on top of your health needs throughout the process. If you're prescribed medication by your doctor, you should stay consistent with taking that medication because failing to do so could exacerbate any anxiety problems you may have.

As you can see, there are lots of things you can do to stay on top of feelings of anxiety. There's no doubting the fact that addiction treatment can be tricky and challenging, and anxiety is a real part of that for many people. But you can manage those feelings better with the help of the tips above.



The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

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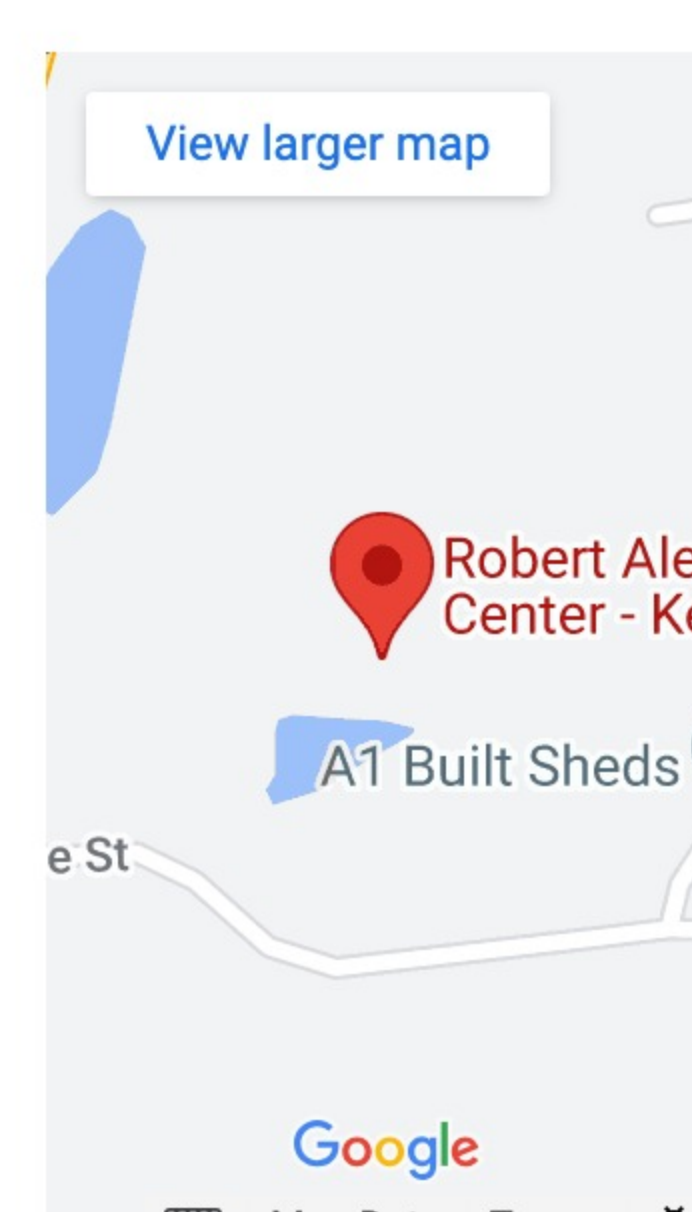
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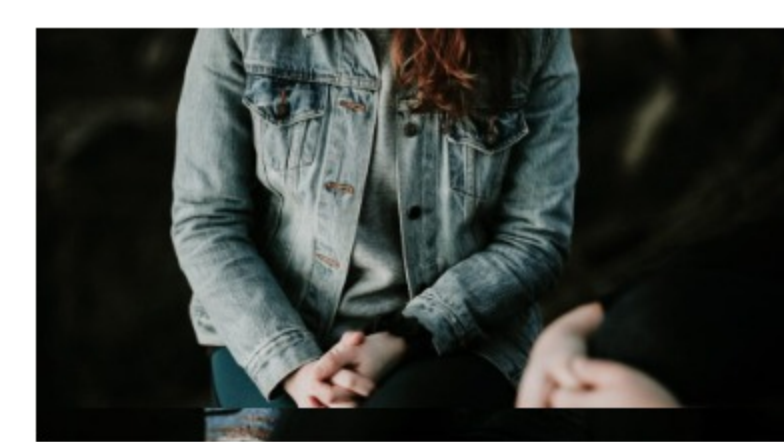
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