



# BALANCED LIVING

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## Helping the Body and Mind Recover from a Chemical Dependency

If you or a loved one is chemically dependent, the first step to recovery is accepting that there is a problem and making the decision to get help. From there, the journey has just begun. Being addicted to a substance affects the body and the mind, and in order to fully recover, you'll have to address all of the physical, behavioral, and mental patterns that have developed over the course of your addiction.



Given that taking the first step is always the hardest, once you decide to seek help there is hope; success can be achieved through determination. When you restore your physical and mental self, you will get more of your life back, chemical-free. Read on for information on how you or a loved one can make a full recovery.

### Treating the Body Right

When quitting a substance, it will take time for the body to adjust back to life without the substance. Your doctor will know if you should have medical help while quitting the drug, or if it is safe to quit “cold turkey” without any medical assistance.

## Key Takeaways:

- **Addiction lives in the body, and in order to overcome the issue and get back to your normal self, you have to nurture your physical health through exercise, nutrition, and sleep.**
- **The first step is the hardest. If you or a loved one has acknowledged a problem and sought help, take time to savor that win - focusing on the positive can help.**
- **Addiction changes your brain and affects your mental health. In order to move forward, you have to work on improving your mental health as well as your physical health.**

Exercise can be a valuable part of recovery. Engaging in exercise helps to release stress and also to strengthen and return your body back to health. Endorphins are released through exercise; these natural chemicals generate positive feelings that can further assist your recovery. When you begin an exercise routine, start small and build up from there. Be careful not to overwork your body limits; use exercise to release stress, not build up stress.



In addition to exercise, good nutrition is important. Make sure you have plenty of fresh vegetables, fruits, and whole grains in your diet. Work to remove processed foods, additives, refined sugar, caffeine, and high-fat foods. Note that sugar and caffeine can actually increase cravings for drugs or alcohol.

Eating right and exercising will help you sleep better during this difficult time. Make sure you take time to rest, as it will be an essential part of your recovery.

## Healing the Mind

Oftentimes, chemical dependency develops as a means to cover or numb the emotional pain one is feeling. When the substance is no longer part of their unhealthy coping mechanisms, people may feel the emotions they have masked for the first time. This is when the person has to put their energy towards learning healthy coping skills to work through and manage the emotional pain. Below are some activities that can help restore the mind to a healthy state:

- Write down situations or people in your life that trigger you to take the substance. Avoid them the best you can.
- Seek out a therapist who specializes in addiction and recovery.
- Surround yourself with people who respect and support your sobriety.
- Develop a routine of meditation, visualization, or other relaxation techniques.
- Meet and communicate with others at a 12-step program. The phone book or your employee assistance program can help you find groups in your area that can support you on your journey.

*Written by Life Advantages - Author Dr. Delvina Miremadi ©2023*

## This Month's Webinar | Supporting a Loved One with Substance Misuse

Having a loved one with addiction can be heartbreaking, frustrating, and terrifying. Choosing how to support them can be confusing—the right choice is not always obvious. In this webinar, we will discuss recognizing signs of addiction and review choices of how to support your loved one. We will also review concepts such as enabling and codependency. You will walk away from this webinar with a clearer idea of how to support both yourself and your loved one.

[Log-in](#) any time this month to watch the webinar and ask the expert questions!