

If you're reaching for sobriety from alcohol or other drugs, here are a few things to consider:

- Depending on the substance(s) you've been using, how much and the frequency of use, your body will need to adjust to life without the substance. This takes time and can be uncomfortable.
 - Get plenty of rest.
 - Eat nutritious meals.
 - Drink plenty of fluids.
 - Exercise
 - Develop a regular sleeping schedule, reaching for 7-8 hours per night.
- Try cutting down first; going "cold turkey" rarely works.
- Many people use substances to relax, unwind, or "feel better." If you're someone who needs a drink or drug to relax, it is important that you learn (or re-learn) new coping skills.
 - Let's be honest: drugs work, and understanding how they work for you is an important first step toward identifying alternative means for feeling better.
 - Some people self-medicate: getting help for depression, anxiety, or trauma will support your sobriety.
 - Learning to manage strong feelings is a key activity that supports sobriety.
- You can't do it alone: reach out to others for support.
 - 12-step meetings, SMART Recovery meetings provide self-help support.
- Getting sober means changing how you think about yourself.
- Call me: 718-594-7157, or email me: DouglasJWarn@gmail.com
Set up an appointment.

