

Living a Healthier Life with Addiction

Disclaimer: This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.

Remember HALT¹

These are common relapse triggers. You can help manage HALT by taking care of yourself. Get enough sleep, eat regular healthy meals, and make time for fun.

**Hungry
Angry
Lonely
Tired**

Tips for Creating a Healthy Lifestyle in Recovery^{2,3}



Eat Healthy³

- Eat regular meals and snacks
- Don't go without food for more than five hours
- Drink plenty of water



Get Regular Physical Activity³

- Physical activity builds strength and stamina
- It creates a sense of well being
- Routine physical activity reduces cravings



Find Ways to Manage Stress³

- Yoga or meditation
- Drawing
- Keeping a journal or diary
- Gardening



Change Daily Routines⁴

- Try doing tasks in a different order
- Avoid places that remind you of drug use



Build New Social Circles⁴

- Try to meet other recovery minded people
- Build relationships that don't remind you of drugs
- Stay away from high-risk places, like bars or clubs



Get Help²

- Fearing relapse is normal, but assistance is available
- Share your successes and struggles with friends and family
- Reach out to a health care provider if you need help

Recovery from addiction is more than just stopping substance use. It means changing your daily life. Building healthy habits can help you stay in recovery.³

References

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2. Parisi T. The Top 10 Relapse Prevention Skills. Addiction Center. Published October 24, 2019. Accessed September 2023. <https://www.addictioncenter.com/community/top-10-relapse-prevention-skills/>
3. Guide to Healthy Living. Learn More. The Recovery Village Drug and Alcohol Rehab. Accessed September 2023. <https://www.therecoveryvillage.com/treatment-program/healthy-living-guide/>
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