

The Art of Self-Care in Recovery: Mindful Living Techniques for Wellness

by [impactwellness](#) | Jun 29, 2023 | [Blog](#) | 0 comments



Recovery from addiction isn't a simple, straightforward process. It's filled with challenges that can quickly demotivate you if you're not resilient enough. Whether you're in an [inpatient](#) or outpatient addiction treatment program, you need to take adequate care of yourself to overcome addiction.

That is part of the reason why the [Impact Wellness Network](#) emphasizes self-care in recovery. All our addiction treatment programs incorporate some self-care practices that we encourage our clients to pursue.

Why is Self-care in Recovery Important?

Self-care in recovery simply means paying attention to your physical, emotional, mental, and even spiritual needs. It means recognizing that recovery from addiction needs to be a holistic process, focusing on more than just recovering from substance abuse.

Many of those dealing with addiction often find that their waking thoughts are consumed with feeding the habit. They rarely care about, or have time for, taking care of their health. As a result, they end up forgetting simple things like eating nutritional meals or getting enough sleep.

When we prioritize self-care in recovery, we tell our clients that it's crucial to take care of their needs. Failure to do so can quickly lead to fatigue, stress, and even relapse.

Mindful Living Techniques in Recovery

Some of the self-care techniques we encourage our clients to practice for mindful living include:

- **Creative activities** – Activities such as painting, playing instruments, writing, etc. allow those in recovery to express themselves while keeping busy. This not only keeps boredom away but also improves their self-esteem.
- **Meditation** -Taking time out from their treatment schedule to meditate allows individuals to learn their thought and behavior patterns, helping them identify problematic ones. Meditation also helps in reducing stress and anxiety.
- **Exercising** – Moving the body releases feel-good chemicals that boost mood and energy. Even simple exercises like walking and dancing can assist in combating depression, improving sleep, and reducing cravings.
- **Healthy nutrition and adequate sleep** – Eating a balanced diet and getting adequate sleep go a long way towards healing the body from the damage of drugs and alcohol. Learning to prepare meals and keeping a regular sleep schedule also helps establish routine and structure.
- **Connecting with others** – Those in recovery need the support, encouragement, and guidance of their friends and loved ones. They also need people who'll hold them accountable for their actions. This can be achieved by connecting with others in recovery or attending community support group meetings after rehab.

Reach Out For Help and Advice

If you're looking for help and advice on how to beat addiction, the Impact Wellness Network is ready to assist you. With [addiction treatment centers in Ohio, Kentucky, and Indiana](#), we can provide help for those who need it in the Midwest and beyond. Our treatment programs range from [detox](#) to inpatient rehab and outpatient treatment. [Contact us](#) today to see how we can help you.

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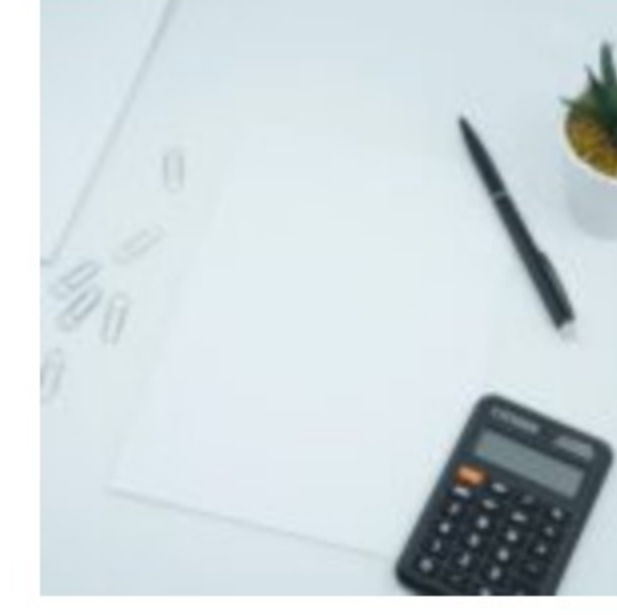
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Discovering Your Passions: Exploring Hobbies and Interests to Enhance Your Life in Sobriety

Embarking on the journey of sobriety is a transformative experience that opens doors to self-discovery and personal growth. One of the key elements in maintaining a successful and fulfilling sober lifestyle is the exploration and cultivation of interests. We will delve into the importance of discovering your passions, how hobbies can enhance your... [Read more](#)



Navigating Financial Wellness and Stability After Addiction Treatment: A Guide to Taking Care of Your Finances

Embarking on the journey of addiction recovery is a commendable and transformative experience. However, the challenges don't end with the completion of a treatment program. Achieving financial stability post-treatment is often an overlooked aspect of recovery. We'll explore the importance of taking care of your finances after addiction treatment and provide insights into navigating financial... [Read more](#)



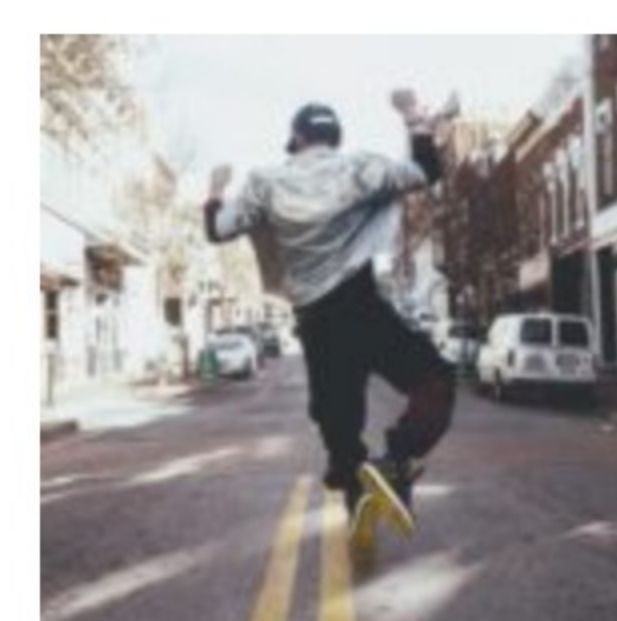
The Importance of Self-Reflection: Taking Time to Pause, Reflect, and Grow in Sobriety Through Treatment

Embarking on the path to sobriety is a transformative journey that involves not only breaking free from the chains of addiction but also fostering personal growth and self-discovery. Amid the challenges that come with rehabilitation, the importance of self-reflection cannot be overstated. We will dive into the significance of taking time to pause, reflect, and... [Read more](#)



Creating a Vision for the Future: Setting Goals and Building a Life Beyond Alcohol Rehab

Embarking on the journey of alcohol rehabilitation is a courageous step toward a healthier and more fulfilling life. As individuals navigate through the process of recovery, it becomes crucial to not only overcome addiction but also to envision a future that is free from the constraints of alcohol dependency. Creating a vision for the future... [Read more](#)



Connecting with Your Inner Child: Healing Past Wounds and Finding Joy in the Present After Addiction Rehab

Do you ever feel like life is overwhelming and it's hard to find joy? Do past experiences and damaging relationships have a way of pushing their way into your everyday life? Are you looking for ways to reconnect with yourself, heal old wounds, and bring back the childlike wonder that seems so elusive in adult... [Read more](#)

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