

"PANDEMIC-PROOF" RELAPSE PREVENTION STRATEGIES

by Sprout Health Group



1

RECOGNIZE YOUR TRIGGERS

Certain events, emotions, or situations can serve as a catalyst for addictive behavior. By recognizing these events, or triggers, you can form a plan to change your situation or redirect your thoughts.



2

KEEP YOUR MEDICAL APPOINTMENTS

When you struggle with addiction, your recovery and health go hand in hand. Make sure you follow up with medical appointments so you have no lapse in medications or prescription refills.



3

CONSIDER A NEW ENVIRONMENT

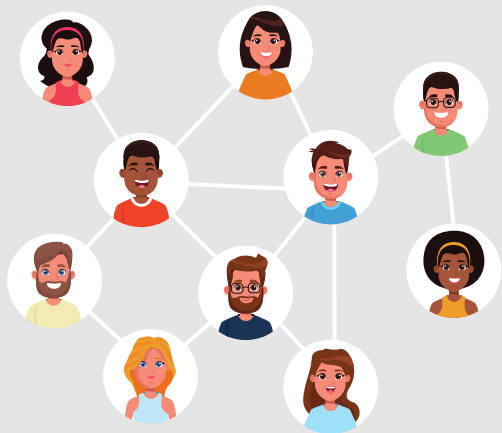
If you feel unsafe or at risk of relapse in your home environment, consider staying at a sober living facility or halfway house. Sober living homes often have Covid-19 testing available and house rules designed to keep members safe.



4

ADD VIRTUAL COUNSELING

Even if therapy has not been part of your routine, virtual counseling sessions can be a helpful addition to your recovery plan. Cognitive behavioral therapy (CBT), for example, helps to interrupt maladaptive thoughts.



5

STAY CONNECTED TO FRIENDS & FAMILY

Strong relationships play an important role in recovery, even when you can't meet face-to-face. Although it can be tempting to retreat in times of stress, making a concerted effort to interact with loved ones will help to relieve feelings of isolation.



6

REMEMBER SELF-CARE

Taking care of your physical and emotional well-being is a powerful tool in relapse prevention. Give yourself chances to relax, sleep, exercise and binge-watch your favorite shows. By caring for your body, mind, and emotions, you'll be better equipped to handle potential triggers.