

Beginner's Guide To Sobriety

**FOR ADDITIONAL SUPPORT
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Assess/ Start Small

01

ASSESS YOUR DRINKING HABIT. START WITH TAKING INVENTORY OF YOUR CONSUMPTION. THIS MAY TAKE A WEEK, MONTH, OR LONGER. AFTERWARDS, START WITH DECREASING YOUR CONSUMPTION. IF YOU ENJOY TWO OR THREE GLASSES OF WINE, MAKE IT ONE OR TWO. IF YOU LOVE A FEW BEERS DURING A GAME, COUNT HOW MANY YOU USUALLY DRINK AND DECREASE THE NUMBER. IF YOU DRINK A BOTTLE OR MORE OF WINE/LIQUOR A NIGHT OR A CASE OF BEER NIGHTLY... YOU MAY NEED TO CONSULT A DOCTOR. DETOXING FROM ALCOHOL CAN BE DANGEROUS AND CAN LEAD TO DEATH OR INCREASED ANXIETY AMONG OTHER RESULTS. SEIZURES ARE COMMON AS WELL. YOU MAY NOT EXPERIENCE ANY SYMPTOMS. EVERYONE IS DIFFERENT. CONSULT A PRIMARY CARE PHYSICIAN IF NECESSARY. YOU ARE ALSO ABLE TO CONSULT A PSYCHIATRIST, PSYCHOLOGIST, OR THERAPIST FOR DUAL DIAGNOSIS PURPOSES WHICH ARE ADDICTION AND MENTAL HEALTH NEEDS COEXISTING TOGETHER.

Length of Stay

02

ALCOHOL CAN TAKE A WEEK OR MORE TO DETOX FROM THE LIVER. ALCOHOL CAN STAY IN YOUR BLOOD FOR FOR UP TO SIX HOURS OR MORE. A BAC TEST: BLOOD ALCOHOL CONTENT TEST, CAN DETECT ALCOHOL IN THE BLOOD FOR UP TO 12 HOURS. THE ETG TEST: ETHYL GLUCURONIDE TEST, CAN DETECT ALCOHOL IN THE URINE FOR UP TO 24 HOURS. ALCOHOL CAN STAY ON YOUR BREATH FOR UP TO 24 HOURS AND YOUR SALIVIA FOR UP TO 24 HOURS. ALCOHOL CAN BE DETECTED IN THE HAIR FOLICLE FOR UP TO 90 DAYS. ITS GOOD TO UNDERSTAND THE RELATIONSHIP YOUR BODY SHARES WITH ALCOHOL. I WANTED TO PROVIDE YOU WITH THIS BASELINE LENGH OF STAY INFORMATION. UNFORTUNATELY, ALCOHOL CAN CAUSE LIFELONG ILLNESS'S/ DAMAGE AS WELL SUCH AS CIRRHOSIS OF THE LIVER, FETAL ALCOHOL SYNDROME, HIGH BLOOD PRESSURE AND MORE. PROPER SELF CARE CAN ASSIST WITH RECOVERY IF THE DAMAGE IS NOT ACCELERATED.

Identify Your Why

03

STORYTIME: I USED TO WORK IN A DRUG AND ALCOHOL REHABILITATION CENTER WHERE I MET A LOT OF PEOPLE EXPERIENCING DUAL DIAGNOSES, DETOX, AND JUST PLAIN SUBSTANCE ABUSE ISSUES. ADDICTION STEMS FROM MANY PLACES... TRAUMA/STRESS/POOR IMPULSE CONTROL, HEREDITARY REASONING, AND UNBALANCED MENTAL HEALTH JUST TO NAME A FEW ROOTS. SOME RESIDENTS AMA'ED (DISCHARGED AGAINST MEDICAL ADVICE), SOME GRADUATED, SOME RELAPSED.. AND SOME GOT DISCHARGED WHEN THEY FELT READY. IN REHAB, WE OFFERED MEDICATION MANAGEMENT, GROUP/INDIVIDUAL THERAPY, DISCHARGE PLANNING, AND SELECT OTHER TREATMENT PLAN GOALS. I WOULD BE DEVASTED WHEN A PATIENT WOULD RETURN TO TREATMENT AFTER DISCHARGING/ RELAPSING. MY GRANDMA SAID, "PRINCESS EVERYONE DOESN'T WANT HELP. MAYBE ONE OR TWO MAY IF YOU'RE LUCKY". THE POINT IS.. YOU WILL NEED TO BE FIRM ON WHY YOU WANT SOBRIETY. IF YOU'RE NOT FIRM, IT'S GOING TO BE A LONG JOURNEY. YOU WILL STAY TRUE TO YOUR GOAL IF YOU TRULY KNOW YOUR WHY ❤️. THIS IS VITAL TO YOUR SOBRIETY.

Welcome New Life/ New Habits

04

VEER YOUR FOCUS TO MEANINGFUL EXPERIENCES. YOUR OLD LIFE EMBRACED YOUR ALCOHOL USE.. THAT MEANS YOUR NEW LIFE MUST LOOK DIFFERENT. INVEST IN YOUR SELF CARE. READ, LOOK YOUR BEST, PRACTICE SETTING HEALTHY BOUNDARIES. ENGAGE NEW ACTIVITIES LIKE YOGA OR GET MY JOURNAL.. THERAPEUTIC TECHNIQUES THAT WORK WHERE YOU CAN REVIEW MY PERSONALIZED MENTAL HEALTH SPA DAY THAT IS LITERALLY AN OUTLINE OF A SCHEDULE YOU CAN FOLLOW WHEN BEGINNING YOUR SOBER JOURNEY; IT MAPS OUT A FULL DAY SO THAT THE BOREDOM OR ANXIETY OF IDLE TIME DOESNT GET THE BEST OF YOU . EXPERIMENT WITH NEW RECIPES. DEFINITELY GET A SOBER SUPPORT SYSTEM. THERE ARE PLENTY ONLINE: FACEBOOK/ INSTAGRAM. JOIN COMMUNITY GROUPS: NA/AA/CHURCH SUPPORTS. GAINING ACCOUNTABILITY FOR YOUR NEW LIFE STYLE WILL HELP YOU STAY SOBER AND CLEAN. HABITS TAKE TIME TO FORM. THIS IS NOT AN OVER NIGHT PROCESS. MUCH LOVE! I WISH YOU THE BEST!