

ROLE OF FAMILY IN DRUG REHAB

HOW LITTLE ACTS OF FAMILY SUPPORT GO A LONG WAY IN RECOVERY

UNDERSTAND THAT JUST GOING FOR TREATMENT ISN'T ENOUGH

Addiction has no quick fixes. If you assume your loved one is coming "cured" from a rehabilitation center, you are seriously mistaken. They might find some ongoing hardships that hold great potential of a relapse.



These hardships mainly include:

- Recovering from financial set backs
- Gaining or regaining steady employment
- Physical and psychological health issues
- Rebuilding trust and relationships

Understanding these factors is really important because the victim requires further support and nurturing.

REDUCE STRESS AND SHOW LOVE WITHOUT CRITICISM

According to **National Institute of Health**, stress is the key factor in the beginning of the addiction as well as during relapse. Hence, it is mandatory to find solutions to any health or work related issues, financial problems and maintaining relationships. These things require patience and continuous support. Do not let any of your words or actions cause them any criticism as it has a subtle effect on them and they might start feeling guilty of the things they did in the past.



STAY INVOLVED AND STRENGTHEN YOUR FAMILY CONNECTIONS

Give importance to spending time with the recovered one and rebuild their trust. Make them realize their worth and significance that they hold in your life. Maintain a drug free, sober and **healthy home environment that reduces the temptation of drinking or relapsing back.**



Indulge in healthy family activities that had been hindered due to their drinking habits such as playing chess, watching a match together or gather-

ENSURE ALL APPOINTMENTS AND FOLLOW-UPS

Maintain a proper record of all the appointments of your loved one to the rehabilitation house or the psychologists. It is better if you accompany them in the process as they won't feel **isolated**. After each appointments make sure to ask them how they feel and take them for healthy outings that might help them in refreshing their minds.



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