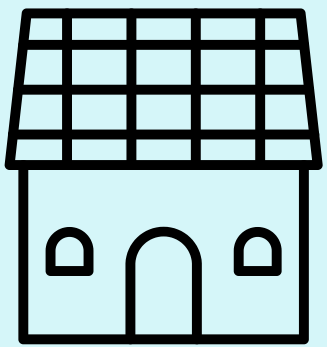


Managing Triggers to Use Drugs and Alcohol

Triggers remind you of a past event, emotion, or behavior, causing a negative reaction that can lead to impulsive behavior. For example, if you're in recovery from alcohol use disorder, going to a bar can trigger you to want to drink again.

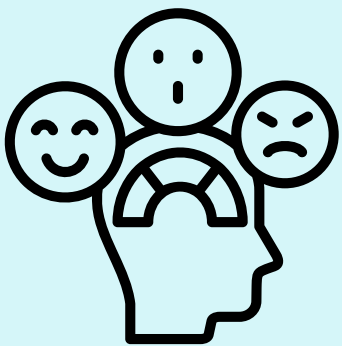
Types of Triggers



Environmental Triggers

People, places, and things that remind you of using drugs or alcohol.

- Hanging out with people who are drinking
- Seeing your drug dealer
- Going to the bar
- Seeing drug paraphernalia (pipes, syringes, etc.)



Emotional Triggers

Emotions, good or bad, that make you want to use drugs or alcohol.

- Celebrating your team winning the big game
- Mourning the loss of a loved one
- Feeling lonely
- Getting fired

How to Manage Triggers



Preventative Coping Skills

Daily routines that help you cope when triggers come up.

- Stress management, exercise, meditation, and mindfulness
- Ensuring quality rest and diet
- Engaging in hobbies and interests, finding your purpose
- Attending recovery support groups
- Seeing a therapist with a focus on reframing negative thought patterns



Immediate Coping Skills

Coping strategies if you're put in a situation where you want to use again.

- Leave the situation if you're able to.
- Find someone to talk to. Get your thoughts out of your head.
- Thoroughly consider what will happen if you use again. Will it just be one drink? Will it just be tonight? What will your loved ones say? Will it lead to other substance use? How will you feel tomorrow? What are the long-term consequences?

Youturn Health peer coaches can help you manage triggers around substance use, trauma, anxiety, and much more.

Contact Admissions to enroll:
855-411-IMAP
admissions@youturnhealth.com



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