

# Relapse PREVENTION

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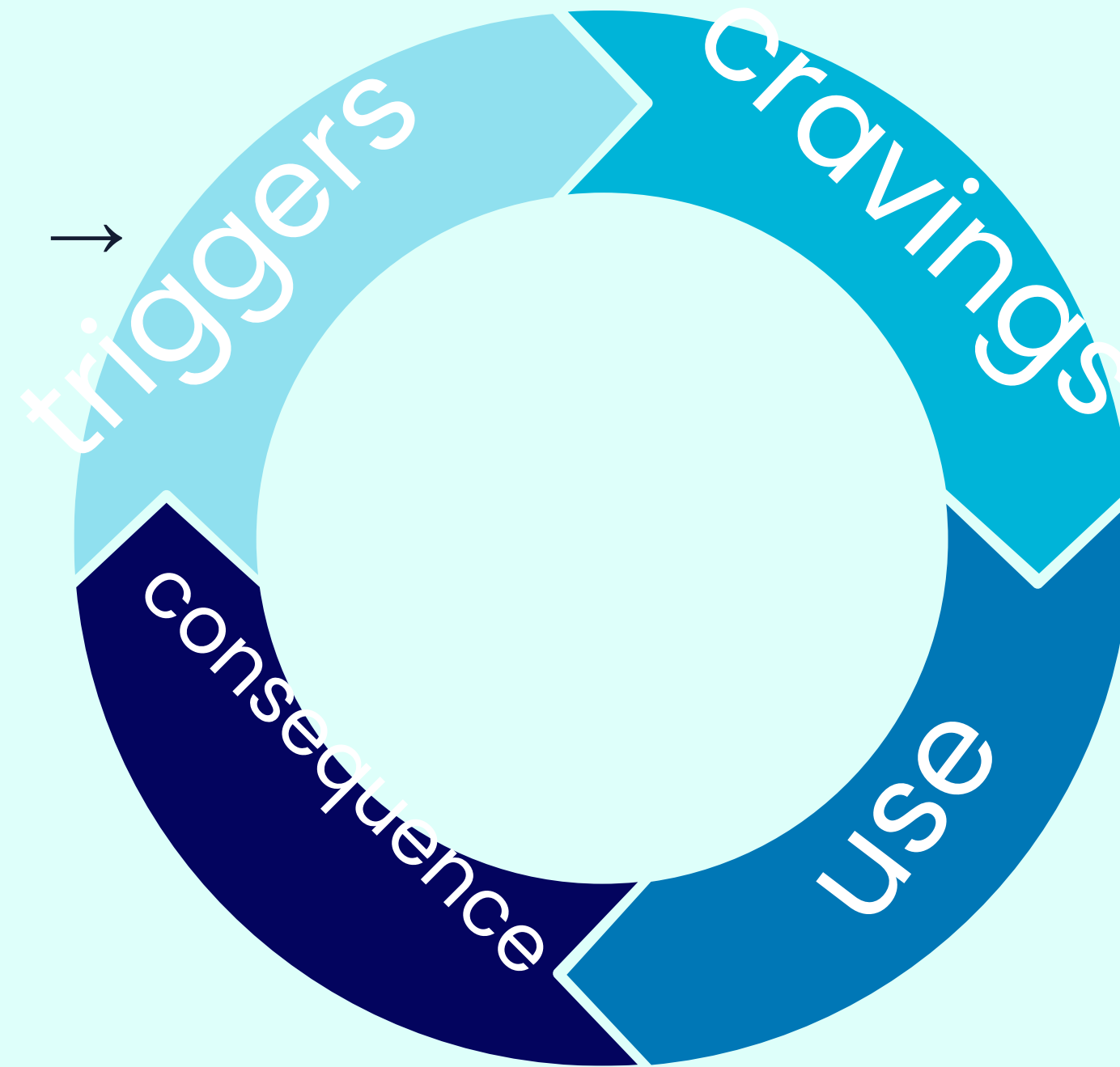
# Understanding relapse

- Definition of relapse
- Distinction between lapse and relapse
- Emotional and physical aspects



# The Relapse Cycle

triggers → cravings →  
use → consequences



# Identifying triggers

- Stress
- Social situations
- Emotional states
- Environmental cues





# Developing Coping Strategies



- **Mindfulness and relaxation techniques**



- **Physical activity and exercise**



- **Healthy routines and hobbies**



- **Seeking professional help**



# Building a Support System



- **Importance of a support network**



- **Family, friends, and support groups**



- **How to build and maintain these connections**
- 

# Creating a Relapse Prevention Plan



- Steps to create a plan:
  - Identify personal triggers
  - Develop coping strategies
  - List emergency contacts
  - Set goals and milestones
  - Volunteer, make yourself feel better









# Handling Relapse

## **What do I do if I do relapse?**

- Seek immediate support
  - Review and adjust your plan
  - Reflect and learn from the experience
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- 



# Resources and Support

ACCESS 888-225-4447

CMH 810-985-8900

BWROC 888-68-BWROC

Port Huron Odyssey

Crossroads recovery community

IMPACT

Dry Dock



# Thank You

Q & A



# Conclusion and takeaways

- Final thoughts
  - key points
  - proactive steps in relapse prevention
  - remember contact information for further support

