

A better way to recover your life.



New Year's Resolution: Get Help for Drug Addiction



Drug-Free for the New Year

- ✍ As the year is approaching the end, people everywhere are making New Year's resolutions.
- ✍ Some are small and may seem insignificant, like pledging to walk up the stairs at work instead of riding the elevator while others are more serious like seeking [help for drug addiction](#).
- ✍ It takes more than just the “*Say No to Drugs*” approach to battle drug addiction.
- ✍ Whether you're [dealing with addiction to prescription drugs](#), club drugs, cocaine etc.— here are *five ways* you can *stay drug-free* that will help you on your path of recovery for the new year.

Tip #1 – Identify Your Goals

- ✍ It is imperative that you are specific when setting your goals.
- ✍ Write down how you will move toward and achieve each goal by determining how much time, effort and dedication it will take in order to accomplish these goals.



Tip #2 – Create a Supportive Environment

- ✍ Getting support is important, especially when you're dealing with [drug abuse and addiction](#).
- ✍ Stay away from non-supportive people and others who share the same problem.
- ✍ Seek out those who want you to remain or become drug-free. They will encourage you when you succeed and help you pick up the pieces if you fall.



Tip #3 – Prepare for a Setback

- ✍ No one is perfect; everyone has a slip.
- ✍ Instead of telling yourself that you will not fail, prepare for a setback in the process.
- ✍ This will help you not beat up yourself so badly when you do mess up, and it will help you get back on your feet and try again.

Tip #4 – Track Your Progress

- ✍ Write in a journal or notebook all of the progress you make over time.
- ✍ Not only will this motivate you, it can also help with your [recovery from addiction](#).



Tip #5 – Ask for Help

- ✍ Do not be afraid to ask for help from others.
- ✍ When dealing with drug addiction, it is hard to do it alone.
- ✍ Getting the help you need will enable you to keep pushing toward your goals.



About Enterhealth

- ✍ Sometimes it takes more than helpful tips and family support to remain sober during the holidays. Enterhealth, a [Texas alcohol and drug addiction recovery center](#), offers a customized program at its Life Recovery Center that treats the chronic brain disease of addiction.
- ✍ To learn more about Enterhealth, how we treat addiction, and how we provide a better way to recover, please visit <http://www.enterhealth.com/> or call 1-800-388-4601.
- ✍ Headquartered in Dallas, Texas, Enterhealth, was founded by a team of distinguished addiction -recovery experts and professionals who hold a vision to provide world-class, affordable and accessible addiction treatment resources and educational tools for persons with alcohol and drug addictions.