

## **New Year's Resolution: Get Help for Drug Addiction**

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. According to the [National Institute of Drug Abuse](#), nearly 40 to 60 percent of people suffer from a relapse from drug abuse or addiction even after treatment.

Drug abuse is tough to deal with, and it is important to take care of your body by monitoring what you put in it. Whether you're [dealing with addiction to prescription drugs](#), club drugs, cocaine etc.—here are five ways to help you stay drug-free 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.

Sometimes it takes more than helpful tips and family support to remain drug-free. 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.



**enterhealth**

#### **About Enterhealth**

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.