

6 Tips to Help You Beat Addiction and Find Happiness in 2018

(Adam Cook started AddictionHub.org after losing a friend to substance abuse and suicide. He is passionate about helping people find the necessary resources to save their lives from addiction.  Thank you for this informative and encouraging guest article Adam. ☺ )

Are you recovering from a drug or alcohol addiction? If so, you’ve already taken a giant leap into getting your life back on track! But to truly thrive in 2018, you need to take some smalls steps to improve the other areas of your life as well. Below are tips to get you started.

**Get Some Fresh Air**

If you’re spending your life indoors, you’re really missing out! Studies continue to show that [being outside](https://www.huffingtonpost.com/entry/5-benefits-of-being-outdoors_us_5938266ce4b014ae8c69dce0) can improve your physical and mental health. Sunshine is essential in producing vitamin D and keeping your mood uplifted, so try to get a few minutes of it each day. Connecting with nature can also help to reduce stress and help you feel more grounded, so find ways to take in the natural world around you. Enjoy a meditation in your garden, and take note of all the wonderful plants and life right in your own backyard. If you’re feeling adventurous, hit some nearby [hiking trails](https://www.traillink.com/activity/hiking-trails/) and disconnect from the rest of the world for a few hours.

**Build Up Your Body**

Addiction takes its toll on your body, but you can get your health back by committing to a fitness plan. In addition to [contributing to recovery](https://www.drugrehab.org/inpatient-drug-rehab/#contribute-to-recovery), exercise can prevent disease, promote happiness, and stave off injuries, so make sure you get a few [workouts](https://www.verywellfit.com/weekly-workout-plans-to-lose-weight-3495597) in each week. Go for a brisk walk at least five times a week, or try riding your bike. Looking to lose some weight? Some studies suggest strength training is more effective at keeping excess weight off than cardio. You can get some strength training in at home with a few sets of free weights or even a versatile kettlebell. Don’t forget to clean up your [diet](https://www.mindbodygreen.com/0-13636/10-tricks-to-clean-up-your-diet.html) and eat the right foods to get the results you want.

**Find a New Hobby**

If you can find effective ways to relieve stress, you have a better chance of staying sober and staying happy. [Hobbies](https://www.bustle.com/articles/164878-11-hobbies-that-can-reduce-stress-besides-yoga-because-we-all-need-to-unwind-sometimes) are a good way to pass the time and take your mind off stressors in your life. If you have a lot of time to fill and some outdoor space to spare, consider beginning your own garden. There are so many different gardens to choose from, whether you’d like to grow your own food or [attract butterflies](https://www.hgtv.com/outdoors/gardens/garden-styles-and-types/create-a-small-scale-butterfly-garden). Gardening is a good way to relax and keep yourself from feeling bored. Not the gardening type? Find a hobby that’s better suited to you, such as painting, reading, or even coloring.

**Change Up Your Surroundings**

You need positivity in your life to truly thrive and beat your addiction, and that includes your home. If you’re in the market for a new house, think about making your move now. Look for an area where you can easily find work, and think about access to healthy activities to keep you busy. Not looking to move anytime soon? Then channel your energy into making over your current home. Paint the walls with soothing colors and throw some new rugs on the floor. Make [flea-market finds](https://www.marthastewart.com/1130958/brilliant-makeovers-flea-market-finds) your own to re-decorate on a budget, and be sure to pay extra attention to making your bedroom a cozy haven of relaxation to help you sleep.

**Manage Mental Health Issues**

Living with anxiety or depression isn’t easy, but ignoring these issues will only make them worse. In fact, it’s common for unresolved mental health issues to contribute to addiction to drugs and alcohol. So if you want to stay sober, you have to take care of your mental health. Set up an appointment with a mental health professional to discuss what’s bothering you. Establish open communication with your provider and ask for tools to help you manage any issue you may be experiencing. Taking control of your mental health is one of the healthiest things you can do to take charge of your life.

This is your year to thrive! By making the decision to deal with your addiction, you’re already on the right path -- you just need a few extra steps to help you along the way. Hopefully, with these tips, 2018 will be your best year yet!

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