

# NEBRASKA LICENSEE ASSISTANCE PROGRAM

A SERVICE OF BEST CARE EAP

## RECOVERY IS A CHANGE IN LIFESTYLE

Merriam-Webster defines sober as “not drunk” and sobriety as “the quality or state of being sober.” Therefore, there is more to recovery from a substance use disorder than just “not being drunk or high.” Those who are on a journey to recovery have to make many changes to become the person they want to be. As they do this, these changes lead to a healthier life for the health care professional compared to just staying sober. A successful recovery-centered lifestyle will have several or all of the following features. The health care professional:

- ✓ Accepts the substance use disorder and works to internalize the changes that need to be made to develop an alcohol or substance free lifestyle
- ✓ Abstains from all mood-altering chemicals, not just the substance of choice
- ✓ Completes a treatment and/or continuing care program
- ✓ Works a recovery support group program such as Alcoholics Anonymous or SMART Recovery
- ✓ Actively participates in discussions on working the 12-Steps with a sponsor
- ✓ Identifies and manages relapse warning signs, including those specific to personal needs and to health care professional issues
- ✓ Adheres to a defined relapse prevention plan
- ✓ Strives for sufficient sleep, healthy nutrition, regular exercise, and to be tobacco free
- ✓ Participates in non-drinking or using social activities
- ✓ Strives to have genuine humility
- ✓ Strives for rigorous honesty with self and others, knowing this is a top priority for recovery
- ✓ Uses healthy coping skills when experiencing stress that could trigger a relapse
- ✓ Utilizes personal, professional, and recovery support systems, and accepts helpful feedback from those support systems when given
- ✓ Takes a daily inventory that includes constructively reviewing personal responsibilities
- ✓ Promptly admits when wrong and makes amends to others whenever appropriate
- ✓ Practices the 12-Step program in daily life and carries the 12-Step message to others if utilizing a 12-Step program
- ✓ Develops an attitude of gratitude

These features of a recovery-centered lifestyle promote long-term sobriety and a healthy recovery from an alcohol or substance use disorder. A health care professional who lives a recovery-centered lifestyle will not just stop drinking and using substances, they will develop a healthy, quality lifestyle that includes relief and hope for a brighter future as a health care professional, family member, and citizen.

*If you are a licensed health or health-related service professional wanting more information about sobriety and recovery, please contact the NE LAP at (800) 851-2336 or (402) 354-8055 or visit our web site at [www.lapne.org](http://www.lapne.org). If you would like to consult with the NE LAP, or schedule an assessment or an educational presentation, please ask for Michelle Hruska, NE LAP Coordinator, or Nicole Winkler, NE LAP Counselor.*