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Stress Management

Many people use drugs to mask underlying problems in their lives -- problems that there once they have become drug-free. One common trigger for relapse is having inadequate skills for managing stress and anxiety.

In therapy and in working with supportive others, addicts can learn these skills. They include:

-- Dealing with uncomfortable feelings and situations when they occur, instead of stress build up. Often, this can be as simple as acknowledging them: "I'm unhappy, I have to work late, and I feel tired."

-- Taking pleasure in everyday life. This can include planning good meals, time for and time for hobbies or activities the person finds relaxing and renewing.

-- Attitude of Gratitude

-- Identifying support people with whom you can talk out stressful situations.

-- Planning your responses to high-stress situations (such as being offered a drink

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a drug).

-- Recognizing and planning responses to stressful feelings (loneliness, anger, bor



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Cocaine and Alcohol

Cocaine tends to speed up the user's nervous system, while alcohol tends to slow
Some users combine the two in the hopes of moderating the effects of one with th
Instead, they're creating a deadly combination.

When people mix cocaine and alcohol, the two substances combine in the liver to
cocaethylene, which intensifies cocaine's euphoric effects (including delusions of
This combination is thought to increase the risk of heart failure and cardiac arrest
drug-related deaths occur among people using this combination.

Scientists from the National Institute on Drug Abuse studied the combination and
people who used both cocaine and alcohol showed poorer performance on intellig
and more impaired decision-making skills than users of either substance alone.



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Behavioral Therapy for Cocaine Use

Cognitive-behavioral therapy is a common aspect of treatment for cocaine use. It
popular both because clinical trials have found it effective, and because it is relati
short-term and thus less expensive.

Rather than try to untangle the cocaine user's childhood or past issues, the cogniti
behavioral therapist focuses on the user's current situation, with a goal of reinforc
abstinence and teaching the patient skills such as:

-- Recognizing situations that are likely to lead to using cocaine

-- Avoiding those situations

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Detox, Rehab and Treatment Center for Drug Addiction
BreakthroughAddictionRecovery.co

Opiate Detox Program

Home Drug Detox - Get Safe, Immediate Addiction Relief Today.
www.MeditoxOfPalmBeach.com

Struggling with Addiction

Our holistic approach provides recovery for mind, body and spirit.
www.FocusTreatmentCenter.com

Help them quit

Nation's leading drug and alcohol Intervention service provider
www.InterventionServicesInc.com

-- Coping with current life stresses without depending on cocaine

Therapist and patient then work together on practicing skills such as planning for emergencies, managing cravings, refusing drugs, and understanding past episodes use.



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Abuse Prevention

Early attempts to prevent steroid abuse concentrated on drug testing and on educating students about the drugs' adverse effects.

A more sophisticated approach has shown promise for preventing steroid abuse among players on high school sports teams. In the ATLAS program, developed for male players, coaches and team leaders discuss the potential effects of anabolic steroid; illicit drugs on immediate sports performance, and they teach how to refuse offers. They also discuss how strength training and proper nutrition can help adolescents' bodies without the use of steroids. Later, special trainers teach the players proper weightlifting techniques.

A program designed for adolescent girls on sports teams, patterned after the program designed for boys, is currently being tested.



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If You Need Help Now

If you are having a medical emergency because of drug use, or if you are in danger because of violent people associated with drug use, call 911. Police and ambulances are trained to handle drug problems.

If you are facing arrest, remember that your own cooperative attitude will be a factor in how you are treated. You should give police your name, address, date of birth, and phone number. Beyond that, you do not have to answer any question and you are entitled to a lawyer.

If you are thinking of killing yourself, call a suicide hotline, where a trained volunteer can help you deal with your crisis. Two national suicide hotline numbers are 1-800-SUICIDE (1-800-784-2433) and 1-800-273-TALK (1-800-273-8255). There may also be local numbers where you can be referred to resources for help in your area.

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If you are craving alcohol or a drug and want to stay abstinent, call your sponsor or friend, practice diversions to get you through the next minute (try 10 push-ups or walk), and make a plan to get to a 12-step meeting as soon as possible. You may find it helpful to visit an online meeting.



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Behavioral Therapy for Marijuana Users

Research into marijuana addiction therapy has been somewhat lacking, in part because many years ago experts did not believe the drug was physically addictive.

One recent study focused on men in their 30s who had been regularly using marijuana at least 10 years. The study found similar benefits from a 14-session group therapy with a cognitive-behavioral focus, and just two sessions of individual therapy. About 50 percent of the users in both groups were able to maintain abstinence over the following year.

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A current area of research involves establishing a system of rewards which patients can earn through continued abstinence, as verified by urine testing.

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Programs aimed specifically at teens often include an element of family therapy to help establish a family system that supports the young patient's continued abstinence.



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