Managing Triggers
How Stress Impacts Addiction

Be a Recovery Advocate!

Did You Know
Stress is one of the most common triggers to the reoccurrence of substance use because of how it interacts with almost every aspect of life. Not only is stress a trigger, but it can also enhance other triggers such as loneliness or fatigue.

Knowledge Domain

Coping with stress can be a difficult process for many people, and the more chronic the stress, the harder it is for a person to adapt to it. A person who is chronically stressed may begin to use a substance to cope with tension from stressors or to relieve symptoms of anxiety or depression as a result of stress. Research suggests that the greater number of stressors an individual is exposed to, the greater the chances of developing a substance use disorder later in life.

Recommended Group Activity

What stressors could lead someone to develop a substance use disorder or to reoccurrence of substance use?
- Identify as many stressors that you can think of that patients may face in their day to day life.
- Brainstorm ways that you can help address those stressors.
- Think of some stress management techniques that you can provide to patients.

To Learn More

Chronic Stress and Vulnerability to SUD

Coping with Stress
http://bit.ly/2krVj6m

Stress and Recurrence of Use