



# How to Start Your Addiction Recovery as a Professional

No matter your profession or how far you've risen up the ladder, addiction can still have a negative impact on your life and ambitions. It can be hard to acknowledge an addiction, especially if you are in an environment where there might be stigmas. However, by knowing when to get help, you can give yourself the best possible chance of recovery. Read on to learn more from [The Green Cross Academy of Traumatology](#).

## Impact on Professionals

Addiction can be insidious. It does not happen overnight, but addiction can have [serious implications](#). Whether you are a [professional](#) or an executive, addiction can interfere with your career and relationships. There is no functional form of addiction that can be regarded as sustainable. It can undermine productivity, influence interactions with colleagues, and diminish the quality of your work. This can add up and cause stress and worry. Trying to hide addiction can compound anxiety and may have an isolating effect. Over time, you may experience a general decline in mental health, such as developing depression. No matter your career, it is imperative to challenge addiction, as the impact may not go unnoticed.

## Taking the Initial Steps

Being involved in professional work is demanding. It can create an environment where being open, both with oneself and others, can be seen as a weakness. Having an addiction can exacerbate this mindset. You may downplay the severity of your problem or ignore it. However, the first step to getting better is opening up. Try to communicate what you are facing to family and trusted friends. Opening up may not be easy to do, but creating a support system can help the process of treatment. Having people who hold you to account can keep you driven and motivated to make the transition to recovery.

If you have concerns about opening up to your work, it's best to establish what your employer's policies are. However, it is wise to inform them of your situation and recovery plans. While you may not have security when it comes to untreated addiction, you do have [rehabilitation protections](#) under the Americans with Disabilities Act and the Family and Medical Leave Act.

Similarly, you'll need to make arrangements if you own your own business. If you're just getting it up and running before you seek help, make sure you have all of your ducks in a row so your company operations run smoothly while you're away and you don't have to worry about them.

For example, you can use an online service to act as your [registered agent on LLC](#) and be the point of contact for legal and other important notifications while you seek treatment. You should also designate a trusted employee or capable friend or family member to oversee your business's operations while you're in treatment. Having your business squared away will give you peace of mind and allow you to focus on your recovery.

## **Reducing Stress**

A huge part of your recovery depends upon reducing stress and making it easier to take one day at a time. And that's much easier if you carefully construct and optimize your home for [healthy](#) living. For instance, simple things like reducing clutter around your house, exercising, and improving your diet can make recovery far easier. Even small changes in your lifestyle -- like making time to meditate -- can have a big impact in the long run! So especially in the beginning, set reasonable goals for yourself, then give yourself some credit when you reach them. After all, you've earned it.

## **Finding the Right Recovery**

A successful recovery depends on accepting dedicated [help](#). Thankfully, there are various treatment options available. This can entail counseling, holistic therapy, and use of an inpatient recovery center. It may be wise to use multiple methods in conjunction with each other for an effective treatment. You may enter a recovery center, but you could supplement it with programs separate from it. There are a number of centers that accommodate the [nuanced needs](#) of a professional. It is not always easy to take time off work, whether that's because of the nature of your job or because of financial reasons. Thus, recovery centers oriented toward professionals

may have a system in place to support a “work presence” and permit laptops and cell phones. Be sure to consult with them to determine what level of work support they can offer.

### **Transitioning to Recovery**

Recovery is a lifelong commitment. It may require lifestyle changes depending on how your addiction developed. You might have to re-examine your relationship to work and [confront stressors](#) that contributed to addiction. Your time in recovery may introduce you to stress management techniques, which you should utilize, especially at your job. If you have friends or associates who exposed you to an unhealthy lifestyle, then it's wise to cut ties with them to protect you from relapse. Assess other aspects of your life, too, like getting fitter and eating healthier. This can positively affect not only how you see yourself but how you deal with stress and strengthen recovery in the long term. Above all, continue to use your support system. Attend [therapy sessions](#), and consider joining help groups to give you another environment to open up. You do not have to be alone as you continue your journey.

This is an uncertain time, and you may worry about your career. However, by getting into treatment, you will challenge addiction and get on the road to recovery. Give yourself the support you need, open up to others, and remind yourself that there are brighter days ahead.

***[The Green Cross Academy of Traumatology](#) is an international, non-profit, humanitarian assistance organization of trained traumatologists and compassion fatigue service providers. Call 571-302-3486.***

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