



6 STEPS TO STRESS ADDICTION RECOVERY

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STRESS ADDICTION

Recovery

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01

Recognize Overwhelm

Admit that stress has reached unmanageable levels in your life. Identify the areas where stress is most prevalent and acknowledge its impact on your well-being.

03

Release Control

Let go of the need to micromanage every aspect of your life. Understand that change is necessary. Embrace the process, trusting in the support systems in place to guide you.

05

Commit to Change

Make a conscious decision to adopt healthier coping strategies and priorities. This may involve setting boundaries, practicing mindfulness, or seeking professional help.

02

Seek Support

Seek assistance from professionals, support groups, or trusted individuals who can offer guidance and encouragement. It's ok to ask for help or lean on others.

04

Take Ownership

Reflect on thoughts, behaviors and decisions that have contributed to perpetuating the cycle of stress. Take responsibility and acknowledge your role.

06

Stay Accountable

Regularly assess your progress and stay accountable to yourself. Remember that progress may not always be linear, but every step forward is worth celebrating.

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