

Recovery Fatigue

In the early stages of your recovery, your every thought and action is around your recovery and trying to cope with urges and cravings.

Your entire world is about recovery. You are reading about recovery, listening to podcasts, attending meetings, etc. It becomes a central aspect of your relationship with others and the world around you.

For some, this can lead to a form of burnout or what can be termed Recovery Fatigue.

Causes of recovery fatigue can include:

- emotional vulnerability as a result of therapy
- the long term side effects of substance addiction
- attending highly structured and very intensive recovery programs
- spending a great deal of time thinking about your recovery
- not eating properly
- not drinking enough water
- depression, anxiety, sleep issues, etc.
- dealing with medical issues
- dealing with relationship and family issues

Recovery Fatigue is a common symptom felt by many in recovery, so you are not alone.

Signs of Recovery Fatigue might include:

- Irritability
- Physically tired
- Mood swings
- Lowered motivation levels
- Reduced overall energy levels
- Loss of interest in activities previously enjoyed
- Withdrawal and self-isolation
- A sense of feeling lost
- A loss of interest in attending recovery treatment and meetings

How to cope with and manage Recovery Fatigue:

- Talk with your significant other
- Talk with a friend
- Seek counselling
- Work with your treatment team and discuss in your recovery group
- Set aside time for self-care and self-awareness
- Establish boundaries
- Explore other interests outside of recovery

It's important to not allow Recovery Fatigue to cause you to back-track on your progress.