

Strategies of Stress Management for Drug user Adolescents

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Drug abuse often generate from misguided attempts to manage stress. Many people turn to alcohol or recreational drugs to unwind and relax after a stressful day or to cover up painful memories and emotions that cause to feel stressed. Adolescents generally feel drugs are the only way to handle unpleasant feelings, but it's not. Adolescents should learn to get through difficulties without going to addiction. Different quick stress relief strategies work better, there are healthier ways to keep stress level in control including exercising, meditating using sensory strategies to relax, practicing simple breathing exercise, and challenging self-defeating thoughts. The key is to find the way that works best for adolescents.