



# How to Prepare for **REHABILITATION**

A quick list of things to consider  
as you prepare for your stay.





## *Congratulations*

# ON YOUR DECISION TO CREATE A BETTER LIFE FOR YOURSELF!

You must have so many questions and concerns. That's completely normal!

Don't worry; we're here to provide help and support along the way.

[HOW TO PREPARE FOR REHABILITATION](#)

---

# 1 TIME AWAY FROM WORK

Some are hesitant or anxious about spending time away from work, yet what's more important than improving your life? But, those employed for up to a year are entitled to 12 weeks of medical leave. Yet, the outpatient nature of Stairway's program may allow you to both attend work while in the program.

Informing work, family, and friends can be a source of embarrassment, but this is a shortsighted response. The real issue is getting healthy. Being healthy will enrich all other areas of your life..for the rest of your life. So, don't allow your ego to prevent you from becoming a more incredible version of yourself!



**HOW TO PREPARE FOR REHABILITATION**

---

# 2 GATHER NEEDED ITEMS

Be sure to bring all credentials, such as your driver's license, insurance card, and other necessary forms of identification. Speak to your representative about particularities regarding your personal journey and attendance at the program.

Additionally, your personal program may involve current pastimes, such as exercising or creating art. So, you may want to inquire about whether particular provisions will be provided or you'll need to bring your own.

Speak to your representative about bringing along electronics, such as smartphones and laptops. In some cases, electronics counter the efforts of rehabilitation. Furthermore, you may need to consider subsequent use of electronics and social media. Some online behavior/contacts can serve as triggers.



---

# 3 BURN BRIDGES TO ABUSE

Addiction is deep rooted and a number of triggers influence us to take part in habitual behaviors. Therefore, those in recovery need to burn bridges to former, bad habits. This may include people, places, and things that serve as triggers and possible inroads to relapse.

Some feel guilty for severing relationships. But, remember that your true friends and companions are those who support your recovery. Your true friends and supporters will understand what you must do to get healthy.



HOW TO PREPARE FOR REHABILITATION

---

# 4 SEE THE FOREST THROUGH THE TREES

If recovery were easy, we would all be leading healthy lives! The truth is that recovery requires commitment. And, it helps to see the “forest through the trees” as you consider the longevity and different steps of recovery.

In essence, you’ll go through a period of admittance followed by detoxification, counseling, and then lifelong recovery. Recovery is a lifestyle. It’s a new life, a better one, the one you deserve. But, a deeper understanding and consideration of each step makes a program a lot easier to handle, and appreciate.



---

# 5 GET READY FOR BETTER HEALTH

Rehabilitation is a shock to the system - in a good way. For some, a healthy lifestyle is something that hasn't been achieved for years or even decades.

The sooner you start treating your body to better sleep, healthier food, and a more positive mindset, the easier it will be to acclimate yourself to rehabilitation.



HOW TO PREPARE FOR REHABILITATION

---

# 6

## FOCUS ON THE FUTURE



Addiction can make us focus on the past. But, rehabilitation is focused on the future - one where you're leading a better life. So, it's incredibly beneficial to get in the mindset of changing what you can in the present in order to set yourself up for success in the future.

The past is in the past; we can learn from previous mistakes but we can't change it.

However, what we do right now  
**DOES** create our futures.



# CHECKLIST

## PREPARING FOR REHABILITATION

- Time Away from Work
- Gather Needed Items
- Burn Bridges to Abuse
- See the Forest Through the Trees
- Get Ready for Better Health
- Focus on the Future

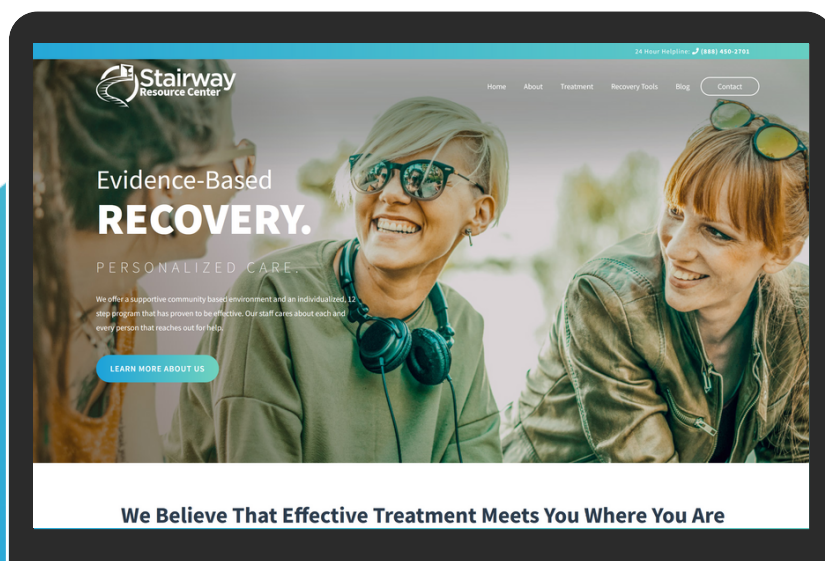


## NOTES

---

NEED MORE SUPPORT?

# LEARN MORE ABOUT OUR PERSONALIZED TREATMENT SERVICES



REACH OUT TODAY!

(888) 450-2701

[StairwayRecovery.com](http://StairwayRecovery.com)

