

BENEFITS OF MINDFULNESS

- Improves awareness and communication.
- Enhances life-skills and self-confidence.
- Addresses co-occurring mental health issues like anxiety and impulsivity—that may have contributed to or resulted from substance use.
- Reduces substance abuse and the likelihood of relapse.

Mindfulness-Based Sobriety incorporates Acceptance and Commitment Therapy, Relapse Prevention Therapy, and Motivational Interviewing.



Instead of letting life pass you by, mindfulness means living in the moment.

CARE IS CLOSE BY

Gateway Treatment Centers are located throughout Illinois and the St. Louis Metro East area.

Our Outpatient and Residential Treatment Programs offer personalized substance abuse treatment plans that give individuals the tools and knowledge they need to get their lives back on track.

Call today to learn about our free, confidential consultation.

877-505-HOPE (4673)
RecoverGateway.org



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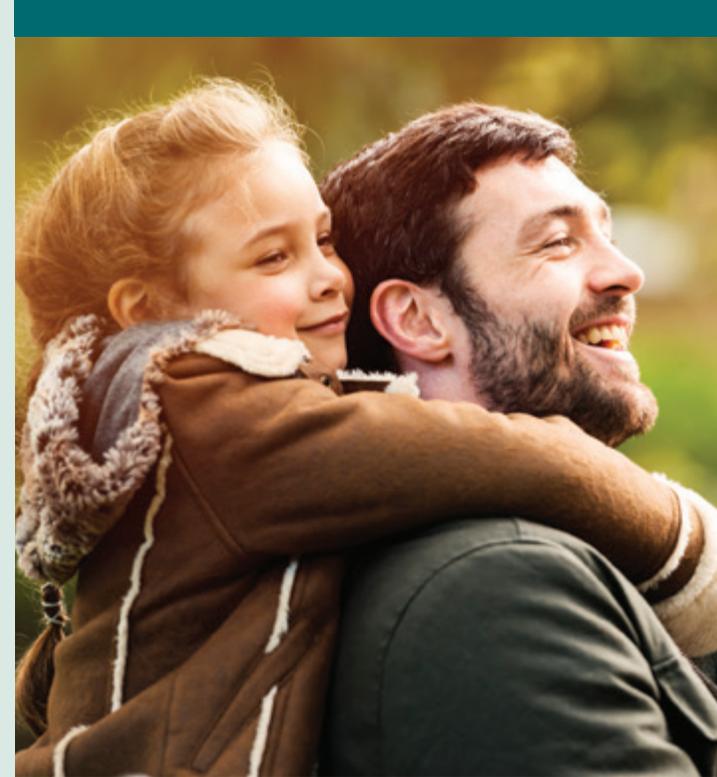
 All Gateway Treatment Centers are licensed by the state of Illinois and accredited by The Joint Commission.



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Mindfulness-Based Sobriety



A recovery tool for awakening to everyday experiences.



WHAT IS MINDFULNESS?

Mindfulness is a state of active, open attention on the present. When you're mindful, you:

NOTICE

things you used to ignore or take for granted.

ACCEPT

things as they are at any given moment rather than how you would like them to be.

OBSERVE

and accept your thoughts, feelings, sensations and urges, without judgment and without reacting to them.

MINDFULNESS-BASED SOBRIETY

Mindfulness is highly effective in treating mood swings, stress, depression, grief and impulsivity—all of which are at risk of fueling addiction.

Ultimately, people will do what they want. We cannot live their life for them. But once people reflect on what's important to them, they may decide it's time start living the lives they want to lead.

More often than not, people who come to Gateway Treatment Centers decide on their own that substance use is not consistent with their values. They realize that alcohol and drug use is holding them back.

HOW IT WORKS: ACCEPTANCE RATHER THAN AVOIDANCE

It's not unusual for a person to avoid thinking about or dealing with things that cause emotional discomfort. Rather than address a problem, it's less painful to avoid it or opt for a quick fix.

The mindfulness approach helps a person find his or her strengths as well as what is standing in the way of living a gratifying life. Once a person is willing to accept the realities of one's life, the individual gains the insight necessary to make value-based decisions.

With values front and center, a person may very well realize that excessive drinking and/or drug use doesn't support what's most important in life. As a result, life in recovery is more than just abstaining from substance use, it's also about how fulfilling life can be.

ACCEPTANCE & COMMITMENT

When living life mindfully, people become more aware of their immediate experience, life situation and personal values.

- What's important to you?
- What do you want your life to be like?
- Where do you want to be 5 years from now?

With an increasingly clear notion of how they want their life to be, they will delve into questions like:

- What's standing in the way of the life you want to live?
- What personal problems have been caused by substance abuse?
- What reliable resources are available to support you along the way?

PRACTICE & PLAN

With greater awareness and newly established goals, individuals will explore situations that pose a risk for relapse and practice different strategies to find out what works best for them.

- Learn how to assess situations in terms of risk as well as consistency with your value-based goals.
- Enhance motivation and self-confidence.
- Practice and modify your new skills through role playing real-life scenarios.
- Identify and enlist a support system, such as family members, community programs, recovery groups, sponsor, Gateway Alumni meetings and your Gateway counselor.

“Living mindfully helps me live life on my own terms...
I got sober for myself instead of just for others.”

Gateway Client