

# Recreational Therapy Program for Addiction in SLC, Utah

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## Organized Recreational Therapy for Substance Abuse at Next Level Recovery

When you are ready to take your recovery to the next level, Next Level Recovery is an addiction treatment center in Salt Lake City, Utah that provides all the recreational therapy services you need to assist you in addiction recovery. Our certified recreation therapists for substance abuse includes a wide variety of fun and enjoyable activities that put you on the road to wellness while you enjoy yourself. Join us for some yoga, art therapy, rock climbing, and more! ***These activities help give you a positive state of mind while giving you a connection to other people going through the same issues,*** with the same interests, helping you experience a full recovery in a way that will help it stick. Call Next Level Recovery today for a ***free consultation*** at **801-719-5183**.

## What Is Recreational Therapy?

Recreational therapy is an activity-based intervention that uses recreational activities to ***improve physical, emotional, cognitive, and even spiritual functioning as an aid to recovery.*** People who are struggling with substance abuse may not know how to relax and enjoy themselves without intoxicating substances. ***Recreational therapy changes old, unhealthy relaxation behaviors into new, healthier behaviors.*** The point of recreational therapy is to make it is easier to recover a sense of emotional and spiritual stability and empowerment while sharpening the skills needed for recovery. We at Next Level Recovery help our clients develop new, better habits by making the process fun!

## Recreational Therapy Activities that Help Drug and Alcohol Addiction:

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- **Yoga** – *relaxes the body, stabilizes the mind, and makes you more spiritually balanced.* It can *improve feelings of well being and increase energy levels.*
- **Art therapy** – gets the *creative juices flowing*, something that can be much more deeply satisfying than intoxication.
- **Dancing** – really gets the blood flowing, and *improves the mood.* It's also great for *forming new social connections.*
- **Playing sports** – is not only fun and exciting, it *builds discipline and character.* It can help *create bonds with other people* pursuing a newly sober lifestyle.

## Why Recreational Therapy for Substance Abuse?

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Recreational therapy offers experiences that other forms of addiction treatment therapy don't. ***These experiences show our clients that they can still have fun without drugs or alcohol.*** Recreational therapy for drug and alcohol abuse teaches them ***how to manage stress, depression, and anxiety without the use of intoxicants.*** These recreational activities help our clients meet sober new friends and learn new hobbies that will continue to enrich their lives long after they walk out of our doors. This is because one of the chief causes of relapse after completing treatment is that many recovering addicts end up at loose ends, feeling bored. We here at Next Level Recovery help our clients ***find hobbies, friends, and groups to occupy their time and keep them focused in a healthy, positive direction for a long time to come.***

## Join Us for Recreation Therapy at Our Addiction Recovery Center in Salt Lake City, Utah

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Next Level Recovery is the leading recovery center in Salt Lake City, Utah, and beyond. ***We know how to successfully deal with addictions of all kinds, and also the issues that so often accompany addiction, such as depression, anxiety, and social difficulties.*** ***We give our clients the love, respect, and dignity they need to heal*** from the feelings of guilt and powerlessness that addiction causes. ***We take most forms of insurance, and even offer to finance when needed.*** ***We will develop a customized program that is unique to your needs*** and plays to your strengths. We want people in the SLC area to know that if they or a family member are struggling with addiction issues, we are there to help. Contact Next Level Recovery in SLC, UT today for a free consultation.