

The 75% Rule

It is my belief that 75% of recovery from emotional problems is achieved by managing one's lifestyle more effectively. Below you will see some specific recommendations on how best to achieve this:

1. It is important for you to have eight hours of sleep, recognizing that that sleep should occur at night and that you should be awake during the day. Effective sleep habits will maximize the likelihood that you will be able to sleep at night and stay awake during the day.
2. It is important to eat three meals a day with recognizable breakfast, lunch and dinner food at a recognizable breakfast, lunch and dinner time.
3. It is important to take your medication prescribed at exactly the same time every day, Monday through Sunday. It is also important to never miss any dose of medication unless you are instructed to by your physician.
4. You should engage in exercise, preferably in the morning, for at least one half hour three days per week. The goal of 150-300 minutes of activity per week is now thought to be ideal. Of course, it is acceptable to have exercise later in the day, but you should realize that this might interfere with your sleep.
5. It is absolutely critical that you make every effort possible to follow through and attend every appointment that is scheduled for you with any physician or health provider that you are seeing. Missed appointments and poor follow through will substantially reduce the likelihood of you having a good response to treatment.
6. Although it goes without saying, it is important to recognize that sobriety, if this is an issue, is critical towards enhancing the likelihood of recovery.

Please try to follow these rules exactly as they are listed above. If you do so, you will find it easier to deal with the other 25% of your recovery which will almost always involve many of the issues that you think are very important, such as family relations, job stress, child rearing and others.

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