



EMPLOYEE SERIES

Tips for dealing with Drug and Alcohol challenges

-  **Enlist support from your GP/Doctor or Medical Professional.** If you have developed any form of dependency on Drugs and/or Alcohol your decision to change this will have a physical and psychological effect on your life. Checking with a medical professional will help you to succeed in changing this dynamic and invest in a wellness future.
-  **Consider Individual Counselling Support.** Talking to someone is cathartic. A trained counsellor can provide you a space to talk about what's happening for you, normalize and make sense of something currently not entirely clear. They can also assist you to develop and implement strategies to enable change in your life.
-  **Be aware of Cravings.** We all have triggers that will create a wave of cravings that can be hard to control. Awareness of the cravings cycle and carefully thought out management techniques will help your resiliency and recovery process.
-  **Practice active Distraction Techniques.** Our brain has a wonderful capacity to steer us in directions sometimes unknown. Establish a well-structured distraction plan that you can adopt in those times when control appears to be lost.
-  **Be aware of Boredom.** One of the greatest hurdles for those aiming to change drug and alcohol behaviors is the onset of boredom. Identify your potential for boredom and have practices ready to keep yourself busy. This could be your greatest challenge!
-  **Meaningful social support.** Connection to family, friends and community is seriously important. This can support you especially when triggered or dealing with the waves of cravings.
-  **Plan Ahead.** Let go of old habits and embrace new skills especially around social connectivity and environments that could test your resolve to change.
-  **Be aware of Peer Group Pressure.** Don't be afraid to say no to others who may encourage you to use. Personal choice is okay and is embedded in respect.
-  **Practice Mindfulness Techniques and ways to Relax.** Often drug and alcohol use is embedded in a need and wish to relax and stop the chaotic headspace. There are ways and means to do this in a healthy and rejuvenating manner.
-  **Stay healthy. Have fun and enjoy life.** Change is possible. Your ability to shift practices that no longer serve you is REAL.

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au