

# Ideas for helping Recovery

## Educate yourself

by asking a drug and alcohol (or mental health) worker for information about your mental health/substance use problems and treatment. *(You can call Odyssey House Victoria on 03 9420 7600 or DirectLine on 1800 888 236).* You can also:

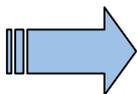


- Read books
- Find information on the internet
- Watch videos
- Go to support groups

The quality of information can vary, so ask your worker to recommend good sources.

**Live a healthier life** by making ANY changes to improve how you:

- ☆ Eat
- ☆ Sleep
- ☆ Exercise
- ☆ Follow a routine



- ❖ If you put energy into having a healthier life, you give yourself the best chance of staying on top of mental health and/or drug/alcohol problems.
- ❖ It's also a sign to YOU and a message to others that you value yourself

**Don't get too Hungry, Angry, Lonely, Tired (HALT)**

*(from Alcoholics Anonymous)*

→ When you do, you are at greater risk of 'using it or losing it'.

## Make a list of family and friends....

... who you trust and try and keep in contact with them - it can help when you have people to talk to and lean on. They can also help you recognize your signs of stress and can assist you in seeking treatment if needed.

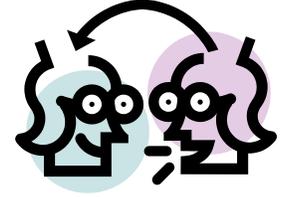
## Stick to your treatment plans as much as possible, so

- ✧ Take your medications as prescribed
  - if you don't, tell your doctor what you are doing
- ✧ Don't miss your therapy or treatment sessions
- ✧ Avoid situations which you know put you at risk of using drugs or drinking

- ✧ Talk to someone if you feel the need to use or if you are feeling down

## Keep communication happening

Sometimes people fall into the trap of only talking about their 'problems'- try to also talk about positive things with people you care about. This will help you remember your strengths and the other parts of your life that you enjoy.

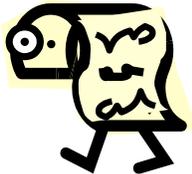


## Watch for signs of relapse

- ❖ Learn your own patterns – You may be able to notice signs that you want to start using again or that your mental health is getting worse. It is easier to do if you know what your triggers are. Getting help at these times will help prevent a relapse (that is, help you not use alcohol or drugs again or become mentally unwell).
- ❖ If a relapse does happen, finding help early can stop the problems from getting worse. Have a plan already set up so that when you're under pressure, you have already done the hard work to get organized.

## Have a list....

....of things you like doing. On a rough day, taking out the list and choose one or two things to do. It might include:



- ☞ Going for a walk or a run, kicking a ball
- ☞ Catching up with someone you trust
- ☞ Checking out the papers (or online) for free entertainment
- ☞ Give a museum, library or gallery a go
- ☞ Making and eating something you like
- ☞ Having a bath/shower/spa
- ☞ Going to the park, sitting in the sun and watching all the people going by
- ☞ Looking after something can help balance your life – rabbits, mice, guinea pigs, goldfish as well as dogs and cats
- ☞ Growing flowers, herbs, vegetables

## Remind yourself why you want to stay well by...

- ☆ Carrying around a list of why it is important to you to be in recovery or a list of reasons you have chosen not to use or to drink
- ☆ Carrying pictures of people (or pets) you love
- ☆ When you feel rough, call someone who cares about you and ask them to remind you

