

**for more information
about drink and drug recovery**

**please contact your local
drug and alcohol recovery service**

ten recovery tips

1. Know your triggers and warning signs

Triggers are dangerous! It could be anger, stress, anxiety, irritability or low self-esteem. Or maybe people, places, or things. Recognise what your triggers are.

What to do: Plan ahead and if something happens unexpectedly, get yourself out of the situation.

2. Manage urges

Cravings make us want to use. Instead, choose to make healthier decisions for yourself.

What to do: Substitute another thought or activity that's more beneficial or fun. Do some exercise. Read. Your choices are limitless. The urges will happen less often over time.

3. Prepare for long-term withdrawal symptoms

Your brain and body may take months or even years to fully recover. It's normal to feel more anxious, irritable and moody. Your mind is still learning to cope without drugs or drink.

What to do: Being pro-active and making healthy, positive changes helps!

4. Find a Support Group

Recovery groups help us improve the chances of a sustained recovery. You can express yourself in a safe place and learn from others.

What to do: Take part in organised, regular groups.

5. Build healthy relationships

No-one wants to feel lonely or ashamed and feeling outside of society.

What to do: Spend time with positive people who enjoy life fully - without alcohol and/or drugs.

6. Find new activities you like to do

Your brain chemicals change in recovery and life can feel boring.

What to do: Find new things to enjoy or rediscover old things you loved. It makes you less likely to give in because life is fuller and richer. Build structure and routine. Plan positive things to do each day that will bring a sense of achievement.

7. Get healthy

Exercise and improved diet are good for the mind and body. A balanced diet will help your mood and rebuild your body. Exercising can help restore your energy levels, reduce cravings and stress.

What to do: Think about what you eat. Do a bit of walking, swimming or gardening or whatever activity you prefer. It helps you sleep too.

8. Stay nice and calm

How you deal with anger, shame, anxiety and hopelessness is what matters to your recovery.

What to do: Try mindfulness, meditation, exercise or something else that you find helpful. See what works best for you.

9. Help others

Knowing that others benefit from your help can make you feel good.

What to do: Contact local groups or charities. Maybe you can volunteer or help in the community.

10. Keep Learning

Knowledge is power. Learn something new. Finding out the science behind your recovery can help you.

What to do: Try online learning through YouTube or free courses or find out what's available through a local library.