
ADDICTION

How to take control

There are many ways to get help and support for potential substance addictions such as drugs or alcohol issues or behavioural addictions such as food or gambling.

Once you have identified that you are struggling with a dependency or an addiction it is strongly advised not to prolong seeking help. This may feel daunting and confusing but it will reduce the impact on your life. Try to think about the personal challenge ahead as simply creating a new and healthier life style for a brighter more balanced future.

Some ideas to help you get the support you need and deserve....

Take Control - Make clear conscious decisions and follow through with actions to get the help you need. Set actions, targets and goals. Write a list of your bad habits and behaviours that are taking over your life and identify how you can help yourself to overcome them.

Talk - Try talking to your partner, family or close friends about your feelings and concerns. It's possible they are concerned about you already and want to help you get the support you need.

Personal Therapy - Seek a qualified Psychotherapist in your area so that you can speak to someone in confidence about your behaviour.

Visit your GP - Speak to your GP about any problems you may be experiencing. Whilst this may be an uncomfortable conversation for you in the short term it will be beneficial in the long term.

Educate Yourself - Find out more about the causes, symptoms and the behaviour with which you are struggling and what possible interventions and support might work. There are vast amounts of websites that can help empower you to access the support you need.

Group Support - There are many support/12 step groups helping people struggling with addiction. Many people instantly rule out going to a support group but it is recommended that you try to attend at least 6 meetings before you make a decision whether or not you find them beneficial.

Local support - Contact your local addiction centre and find out if they provide any support services which may be relevant to you. Local community centres and charitable organisations may provide free or low cost counselling services or group support. Go online and find out what's available in your local community.

Invest in Yourself - Practising self-care, compassion, acceptance and mindfulness helps promote emotional healing. Investing in yourself on an emotional, physical, mental and spiritual level promotes wellness and a stronger sense of self-realisation. Find activities and pastimes which you enjoy to help you relax and unwind and engage in experiences which bring you a sense of happiness and laughter.

Stay Committed - Try, try and keep on trying!!! Remember you are working towards a happier & healthier lifestyle. By staying focused on changing your overall perspective on life, you are recommitting to what you can control, not on what you have to give up.

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