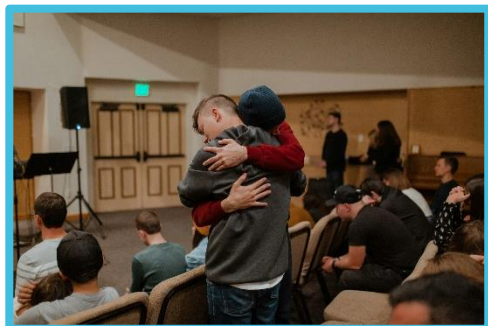


# Tip sheet

## Addictions

When someone has an addiction, it means they are dependent on something – either mentally or physically. Addiction can take a toll on our health and wellbeing, but with determination, support and the right strategies, it's possible to overcome.



### Tips for responding to addiction

#### Educate yourself

Learn about your addiction, its effects on your body and mind, and the treatments available.

#### Seek professional help

Therapists, counsellors, and addiction specialists can provide invaluable support and personalised treatment plans to start your recovery.

#### Build a support system

Surround yourself with a network of friends, family or a support group who can offer encouragement and accountability.

#### Set realistic goals

Establish clear, achievable goals for your recovery journey. Break them down into smaller milestones to track your progress.

#### Celebrate each win

Celebrate your milestones, no matter how small they may seem.

#### Develop healthy coping mechanisms

Replace addictive behaviours with healthier ones such as exercise, mindfulness, art or music.

#### Avoid triggers

Identify and avoid situations, places, or people that trigger your addictive tendencies.

#### Practice self-care

Adequate sleep, a balanced diet and regular exercise can significantly contribute to your overall health.

#### Stay accountable

Keep a journal to track your progress and setbacks. Reflecting on your journey can help you identify patterns and make adjustments.

#### Learn to say no

Develop the ability to say no to offers or situations that may jeopardise your recovery.

#### Practice patience

Recovery is not a linear process, and setbacks can occur. Be patient with yourself and remember that slip-ups are opportunities for growth, not reasons to give up. Put aside blame, start again, and keep your eye on the horizon.

Remember, you are not alone. There is always hope for a brighter, addiction-free future.

#### Contact

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