

cadass

# OUR TOP TEN

## SELF-CARE TIPS



### REDUCE NICOTINE

Smoking can often feel like a good way to relieve stress and boredom. Consider reducing the number of cigarettes you smoke as this will actually help you feel less stressed. Nicotine is a stimulant drug and disrupts your sleep. Smoke your last cigarette well before bedtime to ensure a more peaceful night's sleep..

### REDUCE CAFFEINE

Reduce the number of caffeinated drinks you have in a day. Coffee, tea and some fizzy drinks contain caffeine, a stimulant drug, which can sap your energy, disrupt your sleep and cause your body to feel stressed and make you thirsty. Drink your last caffeinated drink well before your bedtime..



### HYDRATE

Drink more water and non-caffeinated drinks like fruit juices and cordials. Staying hydrated will help reduce headaches, give you more energy and help your digestive system.

### EAT HEALTHY

Eat food regularly. Avoid eating one big meal a day, eat smaller portions more often. Where you can eat home cooked fresh food e.g. soup to get plenty of vitamins and nourishment. Have a take away as a treat rather than as your main source of food. This will help you to feel more energised, stabilise your moods and support your body to regulate itself better.



### ROUTINE

Look at your life- do you have a set routine? Do you go to bed at the same time every night? Do you get up at the same time every day? Consider starting a new routine to help you structure your day.

### EXERCISE

Take gentle exercise each day, go for a walk to the park, beach, go alone or invite friends. Join a walking group, a running club or a community garden, whatever interests you! Exercise and being outside is really beneficial physically, mentally and emotionally and will help you to sleep and feel less stressed.



### ENJOYMENT

What do you enjoy doing? Do you like to draw, sing, write or paint? Doing something enjoyable and positive will help you to focus on something other than your substance use. Check out local Community Centres and Cadass Centres to see what they have to offer.

### JOURNAL

Write down your thoughts and feelings in a journal or a jotter, this can help you to organise your thoughts and see what's going on in your head. Often writing down how you feel can help.



### SET GOALS

Take time to think about what you want in life, what your short and long term goals are. Think about how you can take small steps to begin to achieve your goals, what support you may need and from whom.

### TALK TO SOMEONE

If you are having a tough day, find someone you trust that you can talk to. Sometimes talking through how you feel can be really helpful. If you are struggling with your own, or someone else's substance use, you can also contact Cadass for advice and support.

