

SUBSTANCE MISUSE

Possible signs of misuse:


- Inability to cope with daily problems and activities
- Irregular eating
- Long-lasting negative mood
- Feelings of loneliness and thoughts of suicide
- Frequent outbursts of anger
- May have confused thinking
- Experiencing extremely high and low moods
- Excessive fear, anxiety, and/or worry
- Denial of obvious problems
- Many unexplained physical problems
- Abuse of drugs and/or alcohol- dependency
- Self-harm
- Hyperactivity
- Sleep- too much or not enough
- Relationship problems
- Isolation
- Self-esteem issues




Coping skills that may work for you!


- **TALK** to people you trust who you feel safe and approachable
- **BE GENTLE** with yourself- changes do not happen overnight
- **A LIST OF GRATITUDES** is a great way to be reminded of what makes you happy when you are feeling down
- **IT'S OK** to ask for help- It takes a strong person to reach out
- **ACTIVITIES**- Journal, music (peaceful), poetry, exercise, art; whatever makes YOU happy
- **MINDFULNESS**- Bring your mental state into the moment; think "now" to stop worrying about the future (e.g. Meditation or Yoga)
- Keep **BALANCE** within all coping strategies; Do not push yourself too much
- Positive **RISK-TAKING**- Explore new, healthy experiences
- Positive **SELF-TALK**

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REACH OUT!

