

Substance Use Awareness

General Tip Sheet



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
- Anxiety, Excessive fear/worry
- Denial of obvious problems
- Unexplained physical problems
- Abuse of drugs
- Alcohol-dependency
- Self-harm
- Hyperactivity
- Sleeping too much or not enough
- Relationship problems
- Isolation
- Self-esteem issues

TALK

to people you trust who feel safe and approachable.

BE GENTLE WITH SELF

Changes do not happen overnight. Recognize each baby step

LIST GRATITUDES

to be reminded of what makes you happy when you are feeling down

MINDFULNESS

Bring your mental state into the moment; think "now" to stop worrying about the future (e.g. Meditation or Yoga)

ACTIVITIES

Journal, soothing music, poetry, exercise, art; whatever makes YOU happy

KEEP BALANCE

within all coping strategies; do not push yourself too much

STAY POSTIVE

Watch how you talk about yourself and explore new, healthy experiences



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