



## **HAVE A PLAN**

- Deal with your problems and feelings as they come up. Don't let them build up inside you
- Set up a routine where you build in healthier habits such as relaxing more, eating more healthily, exercising, and resting and sleeping better.
- Talk to other people you trust – friends, family, an alcohol worker. Get them involved. Let them help.
- Think through your risk situations and practice dealing with them.
- It is really important to get back on track as soon as possible after a serious drinking session and to learn from what happened leading up to it so that you can avoid it in the future.
- Many people are very hard on themselves if they do go back to previous behaviours. It is important to remember that this is not an easy path and that you are not perfect. Try and work out why it happened.
- Take it seriously – stop, learn what went on and find better ways of coping with it in the future.
- Sit down and try to work out how you were feeling before the drinking happened.
- Think about how you felt before, during and after and write it down.
- Make a plan of how you will handle the situation, feelings and emotions in a better way when it happens again.
- Call someone you trust and talk about what happened and how you feel.
- Remind yourself that just because you went back to previous ways of dealing with things, it does not mean that you are a failure!
- Make a list of things that you can do to help yourself get over the feelings you may have after having a slip or relapse.

## **Remember that you can:**

- **Control your behaviour**
- **Change your drinking**
- **Get through this**