

WELLNESS TOOLS

THOUGHTS

- Remember the positive things about using healthy wellness tools.
- Be aware of negative self-talk and try to shift to more positive thoughts.
- Tell yourself that nothing is forever and it will pass.
- Remind yourself that you are in charge of whatever decisions you make.
- Remember the negative things about harmful coping strategies.
- Think about your future goals and how you can achieve them.
- Make a commitment to yourself to fulfill a goal.
- Distract yourself.
- Think of the things you are grateful for.
- Tell yourself that you are doing well.

FEELINGS

- Ask yourself what you're feeling.
- Remind yourself that unpleasant feelings are difficult but they are normal.
- Give yourself permission to feel emotions and express them.
- Ask for support. Talk to someone about your feelings.
- Find ways to express yourself creatively.
- Keep a journal. Write about your experiences.
- Attend a support group.
- Offer yourself some compassion and remind yourself that you are not alone.
- Take time to soothe and care for yourself.
- Praise yourself for your hard work.

ACTIONS

- Try to avoid people, places or things that are high risk or trigger cravings or thoughts about unhealthy behaviours.
- Take someone you trust with you when facing a risky situation/place.
- Leave situations that seem risky or limit how long you stay.
- Plan ahead for potentially difficult situations or obstacles.
- Go for a walk, exercise or do something physical you enjoy.
- Go on the internet, watch tv or read something inspiring.
- Do volunteer work. Do chores or clean the house.
- Go outside and get some fresh air.
- Reward yourself with delicious food, buy something new or go out with friends.