

Self-Care

PRACTICAL TOOLS FOR COPING

Journaling: Write regularly to process emotions.

Mindfulness/Meditation: Stay present to ease anxiety (apps like Action for Happiness can help).

Gratitude Lists: Note three things you're thankful for each day.

EMOTIONAL SUPPORT TECHNIQUES:

Balance: Nurture your hobbies, rest, and try to maintain connections beyond the addiction dynamic.

Support: Consider therapy or counselling to help process your experience.

Community: Explore support groups, even if your loved one isn't ready to seek help yet.

DAILY COPING STRATEGIES:

Routine: Keep healthy daily habits.

Boundaries: Set and uphold them with your loved one.

Communication: Use "I" statements to share feelings without blame.