



Coping Skills

Your ability to maintain your recovery, or to provide assistance to another, will require that you develop coping skills for your own wellbeing. The following can be aids in developing and maintaining support for your efforts:

Practice self-care:

- o Take care of your body: wash your hands, drink fluids, eat properly, use sunscreen
- o Get regular exercise. Even if you're on your feet all day at work, get in some cardio work or stretching. Try to find an exercise partner or group – it's easier to keep at it with company.
- o 90 seconds is all it takes to re-set your brain. Whether it's taking a deep breath, a quick meditation, grounding exercise, or self-awareness work – find the types of mental relaxation that are right for you.
- o Establish and maintain a regular sleep/wake cycle. That can be tough to do in our industry, especially with the hours worked and the desire to "catch up" on sleep, but it's important to try.
- o Participate in hobbies and activities that provide enjoyment, mental diversion and stimulation
- o Don't get frustrated with things that are beyond your control. Call times, delays, weather, etc.
- o Assume a self-affirming lifestyle. Treat yourself with kindness and respect and avoid self-criticism.
- o Realize that your self-worth is not in the job, it's inside you. Don't take direction or criticism personally, take what can learn from it and leave the rest.
- o Create a gratitude list. This can be done anytime during the day. This inventory of what is good in your life can be done on your phone or just in your head.
- o Don't feel any pressure to go to the bar after you wrap. Being present and accountable at work is what's important.
- o Manage expectations by being realistic about what to expect from yourself or someone else trying to maintain recovery. Keep in mind, this is a long game - very few recoveries are successful the first time out of the gate. Recurrences can happen.

Connecting is important:

- o Call or text a supportive friend when you get a break
- o Surround yourself with good people/a support group and download support group apps
- o If you have time, volunteer. Giving of yourself by helping someone else builds self-sufficiency.
- o Try to attend meetings after work. There are plenty of meetings online.
- o If the person you are trying to help is being pressured to use alcohol or substances by the people they are spending time with, introduce them to a different set of acquaintances and invite them to attend outside events that aren't centered on drinking or using.
- o Consider getting professional therapy. If you're helping someone else with their recovery it's stressful, and having someone you can talk to about it can be very helpful. If you are working on your own recovery, it's important to have someone you can talk to about the reasons for your substance use.