

Tips to Manage the Urge to Use Alcohol or Other Substances When Trying to Avoid Them

(in other words, tips on avoiding a relapse)

You probably have good skills to avoid using alcohol or other substances, but the stress associated with the COVID-19 epidemic can increase the urge for old habits, including using alcohol or other substances to manage stress.

Here are some tips to help you increase your skills of avoiding the urge to drink alcohol or use other substances during the coronavirus epidemic.

- Call or text a family member or friend
- Write in a journal or draw a picture - feed your values; you are an amazing person
- Spend time outside getting fresh air
- Exercise
- Meditate - use mindfulness techniques to allow your emotions or stress to pass through you
- Practice deep breathing - a first step in mindfulness and extremely helpful
- Tidy up your living space
- Watch something funny on television or YouTube
- Play a game or build a puzzle
- Monitor your emotions; remind yourself that all negative emotions will pass and won't harm you - it is okay to feel negative emotions; they are part of being human
- Look at memes on your smart phone
- Look at recipes/try to make something new to eat
- Read a daily reflection/recovery literature
 - Narcotics Anonymous has [free recovery literature online](#)
- Review your recovery plan. If you do not have one, you can print one out on [Community Care's website](#)
- Get involved in an online recovery community. View a list of [online recovery communities](#)
 - For example, you may want to try *In the Rooms* or *LifeRing*
- Download a recovery app. View a list of [sample recovery apps](#)
 - For example, you may want to start with *Sober Grid*, as there is research that supports this application specifically in assisting with recovery efforts.
- Call your treatment provider. If you do not currently have a treatment provider and would to get one, please visit www.ccbh.com
- Learn more about self-help strategies - [download the Self-Help Guide](#).
- More information about stopping alcohol use - visit [Rethinking Drinking](#).

