



Community Fact Sheets

Looking after yourself & others

Looking after yourself doesn't always mean making one big change. Sometimes, starting small can help. Small changes can make a difference.

You could try:

- having alcohol-free days
- thinking about *why* you are drinking
- thinking about the *feeling* or *thoughts* behind the drinking – are you happy, sad or angry?
- think about how drinking alcohol may impact the rest of your day or night
- making a plan for when you are going to drink ... and sticking to it.
- eating before you drink
- drinking plenty of water
- spending time with people who support your goals
- staying connected to Community & Culture
- finding other ways to manage stress or difficult feelings
- asking for support when you need it – the earlier, the better



There is never any shame in seeking support.

You don't need to wait until things feel overwhelming before talking to someone.



Alcohol
and Drug
Foundation



Local Drug Action Team Program

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