

SELF CARE -YOU LOOKING AFTER YOU

Discover how to stay healthy while supporting your loved one with substance misuse

Focus on your life and responsibilities

- How has this affected your health, work, hobbies and holidays?
- Remember, getting on with your life does not mean you are abandoning your loved one

Tune into your feelings

- Be aware of feelings that make you feel uncomfortable, this is a cue that they may be violating or crossing a boundary
- Gut feelings? What is your gut telling you?

Give yourself permission to say "NO"!

- Boundaries aren't just a sign of a healthy relationship, they are a sign of self-respect
- The setting of boundaries means protecting yourself physically, emotionally, intellectually and financially

Give yourself permission to say "YES"!

- This can be done in lots of ways, such as walking, time with pets, yoga, meditation, a massage, socialising with friends, seeing a movie, turning your phone off or on silent

Look after you

- Look after yourself, making "you" a priority! You will have more energy, peace of mind, a positive outlook
- You will find you are more present for others and can be there for your loved one
- Remember, when we are in a better place, we can be better

Identify your limits

- Consider what you need, are prepared to tolerate and accept

Let go of what you can't control

- Remember, their substance misuse is not yours
- You do not need to get involved with their decision making or consequences

Have reasonable expectations of yourself

- Avoid the Superhero attitude!
- You may try to be a model of patience, courage, understanding and support - and sacrifice yourself in the process.
- Be prepared for times when you'll feel like quitting, yelling, leaving and breaking down, they happen to all of us

Nutrition

- Try to eat meals regularly. Limiting the skipping of meals

Support Networks

- Know your supports. Join a support group, find a counsellor, call Family drug Help. (A problem shared is a problem halved!)

Self-care is not about self-indulgence...

- it's about self-preservation

Your mind will answer most questions...

- if you learn to relax and wait for the answer