

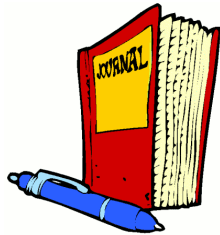
Managing Addictive Behaviors: Smoking, Obesity, Alcohol &/or Drug Dependency

Often, the reason we smoke, over-eat, or abuse alcohol and/or drugs is to cope with feelings of stress and anxiety.

Addressing and managing addictive behaviors is an essential to achieve positive outcomes related to our medical problems.

Learning just 1 or 2 coping skills for stress and anxiety is the most effective method to help us achieve positive outcomes for our medical problems.

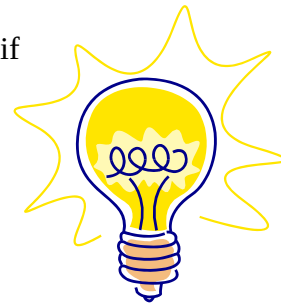
Daily, Easy Coping Strategies for Stress and Anxiety



1. **Record feelings in a journal.** Very effective!! As much as possible, write down your feelings in a journal when you notice stress and anxiety. Recording this information helps to identify the triggers that cause stress. You will find that you begin to take a more analytical approach to anxiety control, rather than automatically reaching for a cigarette, food, or other substances.

2. **Interrupt Stress with the 5/5 Name Game.** The following is a simple exercise that forces you to live in the moment and temporarily eliminate the stress.

- a. Name five things that can be seen – (such as the trees if outside)
- b. Name five sounds you can hear
- c. Name five things you can smell
- d. Name five things you can touch
- e. Name five things you can taste



Repeat the exercise 3 times - each time naming new things, sounds and feelings.



3. **Every day, at least 15 minutes or more of a suitable exercise.** If you are chair bound, perform exercises that you can do while sitting in a chair. The same with being bedbound or having limited endurance. There are many exercises for all levels of mobility.