

## INFORMATION AND ACTIVITIES





For free and confidential support contact:

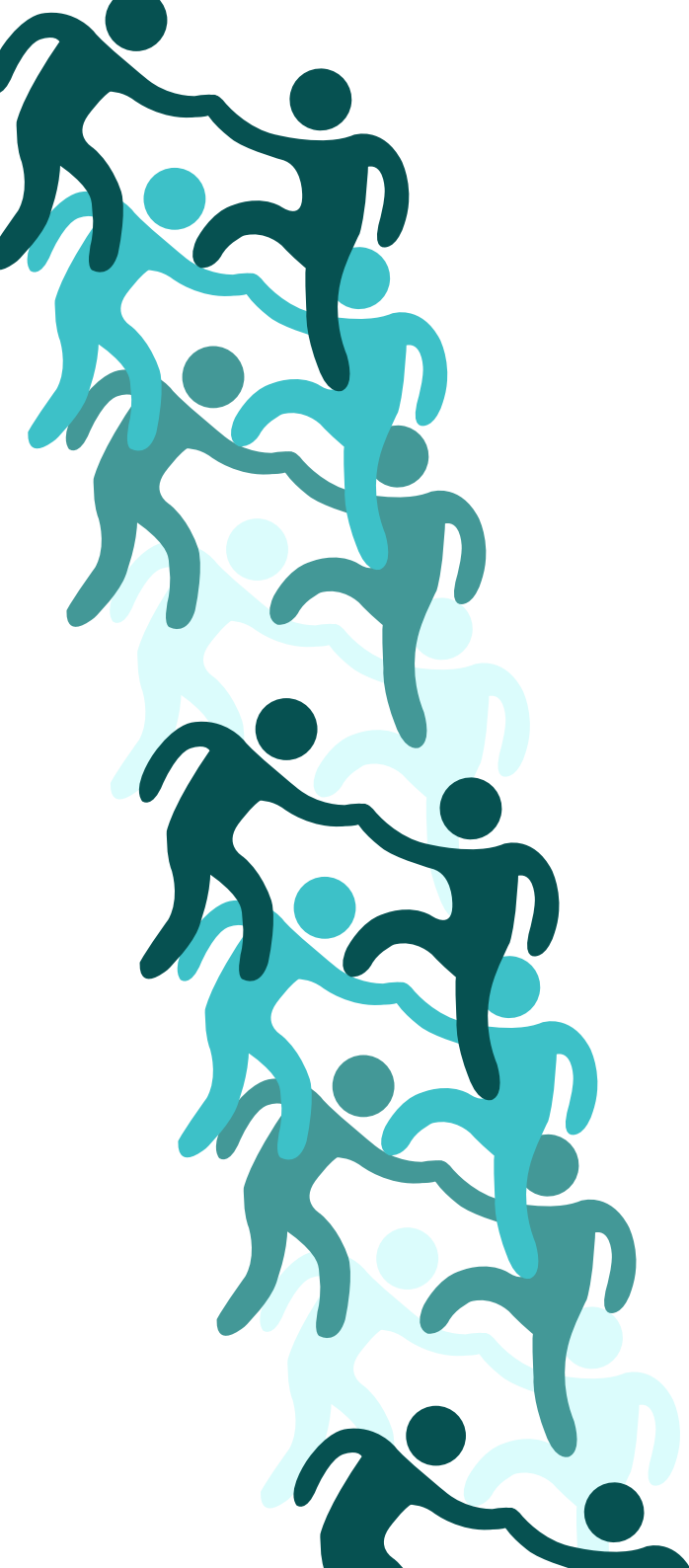
**FAMILY DRUG AND GAMBLING HELPLINE:**  
**1300 660 068**

**COUNSELLING ONLINE:**  
**[counsellingonline.org.au](http://counsellingonline.org.au)**

**DIRECTLINE:**  
**1800 888 236**

*BreakThrough: Families understanding addiction* is funded by the Victorian Department of Health. To attend a BreakThrough session, go to **[breakthroughforfamilies.com](http://breakthroughforfamilies.com)**





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“The only person you are destined to become is the person you decide to be”

**- Ralph Waldo Emerson**



## ABOUT BREAKTHROUGH

Since 2015, BreakThrough has helped families throughout Victoria better understand drug use, improve their communication and wellbeing, and access appropriate support networks. With funding from the Department of Health and Human Services, this unique program has reached thousands of people in face-to-face and online settings.

A joint partnership between Turning Point, SHARC and the Bouverie Centre, BreakThrough was originally intended for families whose loved ones use methamphetamine (ice). With further funding, the program has broadened its focus to families understanding addiction. Information about alcohol and other drugs can be found at [adf.org.au/drug-facts](https://adf.org.au/drug-facts).

Problematic alcohol and drug use, gambling and other compulsive behaviours continue to cause many people in our community a great deal of distress and worry. Understanding the brain science behind addictive behaviours can help families respond to their loved ones in a more positive way. Likewise, activities that help people address their own health and wellbeing, rather than remain focused on someone else's addiction, provide hope that conflict can be resolved, personal stress can be managed, and relationships can improve.

This BreakThrough booklet contains exercises that family members can complete individually in their own time or use as a way of generating discussion with each other, friends or counsellors. It is a companion to our **Information and Resources booklet**.



## ABOUT ADDICTION

Most families, in dealing with a loved one's addiction, question how and why alcohol, drugs and other harmful behaviours have taken over their lives. Trying to understand the causes of addiction can bring up feelings of guilt and shame about the role families may have played in their loved ones' behaviour.

Addiction is a chronic health condition that occurs when someone is unable to stop doing, using or taking something, even when it causes harm to their health and wellbeing, relationships, finances, and other aspects of their life.

Addiction does not discriminate and affects people from all ages, backgrounds and communities. Frequently misunderstood, it has nothing to do with a failure of moral principles or lack of willpower, and it takes much more for someone to overcome their addictive behaviours than being able to just say no.

Our loved ones did not choose to become addicted. Instead, there are biological, psychological, environmental and life experience factors that predispose a person



to addiction. Like any other health condition, the more risk factors someone has, the higher the possibility of developing addiction.

Alcohol, drugs and other addictive behaviours can cause changes in the brain's "reward system". Our brains release a chemical called dopamine whenever we anticipate doing something that feels good and/or participate in pleasurable activities. Eating something delicious, cuddling a pet, being intimate with a partner, exercising, even checking our phone all activate the dopamine system. Scientists call this "reward", and we are highly motivated to repeat behaviours which provide us with rewards.

Natural highs like eating and cuddling can't always compete with the highs experienced from activities like drug use and gambling. When our brains release greater amounts of dopamine, we get cravings for these rewards, even during a



binge, which can then lead to compulsive, repetitive behaviour and uncomfortable withdrawal symptoms if we try to stop or reduce the behaviour. Over time, we need more of the drug to achieve the desired effect, and these brain adaptations can reduce our ability to feel pleasure from things we once enjoyed such as social activities, hobbies, interests, and relationships.

Understanding the brain science associated with addictive behaviours can help families gain some insight into what is happening for the people they love who are struggling with addiction. The good news is that addiction can be successfully managed with the right treatment and support. People who get help can achieve recovery, prevent relapses and experience an improved quality of life.

For families, this understanding can provide a sense of hope that their loved one's addictions can be treated like any other health issue, and that, most importantly, recovery is possible.



## ABOUT THIS BOOKLET

Families often describe dealing with a loved one's addictive behaviour as a never-ending rollercoaster ride. Just as the train goes up and the view from the top appears clear, it plummets again, leaving us scared and out of breath. These continuous ups and downs cause us an enormous amount of stress, fear and anxiety, and can have a negative impact on everything from our decision making, communication, and the way we interact with others, to our overall quality of life.

BreakThrough acknowledges how traumatic this "ride" is, and how difficult it is for families to accept what is happening to the people we love. We put aside our own needs because we feel guilty about not being supportive enough and fearful that harm will come to our loved one if we don't provide them with money or a place to stay. This "emotional rollercoaster" keeps us trapped in a cycle of giving in to the demands of others and giving up on the goals and dreams we have for ourselves.

If we're honest with ourselves, however, much of what happens to our loved ones is beyond our control, and as much as we want to, we're unable to fix or change their addictive behaviours. Refocusing our time, attention and energy on what is within our control, that is, changing ourselves and our own lives, can have a profound effect on the way we (and others) think, feel and behave.

The activities in this BreakThrough booklet have been selected with this in mind. The worksheets aim to increase your confidence so that you feel better equipped to attend to your own self care, stick to the boundaries you set, and make time to reconnect with what's important to you.

We hope that you find these new resources useful, and we encourage you to regularly revisit the activities, further educate yourself, take steps to improve your own health and wellbeing, and continue to seek ongoing support.

“I know I am not responsible for my son's addiction. His choices are outside my control and I cannot blame myself. His addiction did not happen because I wasn't a good enough parent. I was the best parent I could be and I am still a good parent. I have done everything I can for my son to help him and it's his choice to put in the hard work to change.”

**- Sally**





## RECONNECTING WITH MY VALUES

What can I do to be happier? It's a question frequently asked by people who have been living in a stressful environment, surrounded by chaos, for so long, they've run out of ideas about how to make decisions or lifestyle changes that they know will ultimately lead to a more satisfying life.

Waking up in a good mood, enjoying your day, and being positive about the future is not always easy, particularly when you're constantly worrying about someone else's addictive behaviour. However, taking time to identify your own personal values and strengths and how these fit with your everyday activities can help you feel more in control of your life.

Values are the beliefs that matter most to us. Influenced by our environment, upbringing, ideas about the "right way to behave", spiritual beliefs, life philosophies, people we admire and lessons we've learned, our values give us purpose and direction.

When our behaviour (or someone else's) doesn't align with our values, we can feel frustrated and ashamed. But when we make a choice to live by our values and use them to guide and shape our priorities, we can start to make decisions about attitudes and behaviours that bring fulfilment to our lives and let go of those that lead to stress, anxiety and conflict with others.

We're not always aware of our values. Or we may have lost touch with them over the years as someone else's values overshadowed ours. Take a moment to read through the values on page 10 and choose ten values that "speak" to you personally. Select the ones that are most meaningful to you.

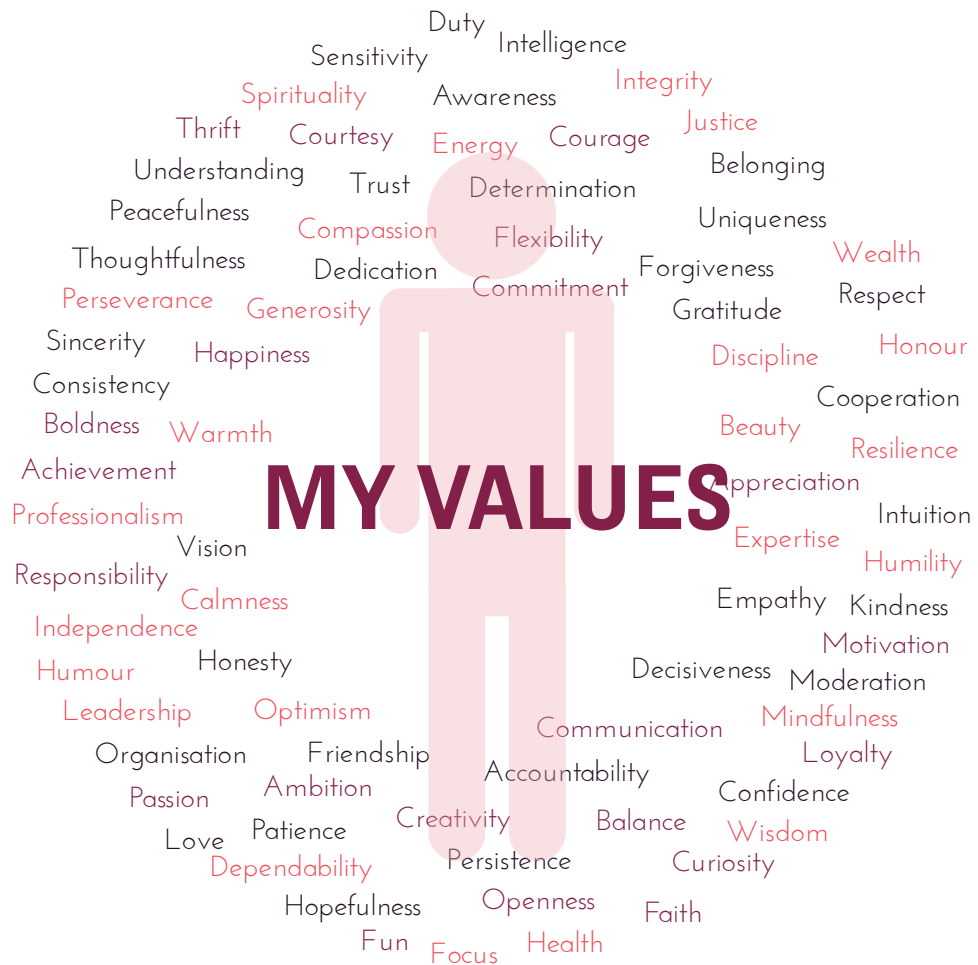
Follow through with the rest of the activity, reflecting on what makes them important and how they can influence the way you think, feel and behave.

If you find it difficult to identify your values, think about how you would like your closest friends and family to describe you. You can also add any of your own values that don't appear on this list.

You may also wish to consider how you can use your values to inform your boundaries. For example, "My health is really important to me and so I've decided every Thursday evening and Saturday morning I'll be out with my walking group and won't be available for babysitting duties. I'll talk to my daughter about other arrangements for my grandson."







**Write down the values most important to you**

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**Reflect on your top 3 values. Why are these values most important to you?**

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How are you currently living by these values? If you're not living by these values, what changes do you need to make?

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Write down your top 3 values on a piece of paper and put them in a place where you will see them every day, e.g., on the fridge or bathroom mirror.

Set an alert on your phone to remind yourself each day of the importance of these values and how they influence your decisions, behaviour and goals.



“Through this process, I’ve realised how important my own mental health is. I probably didn’t value it as much before. I have to keep reminding myself to take a step back, keep a clear head and offer support when I’ve had time to consider all the options.”

- Jessie

## MANAGING OVERWHELMING EMOTIONS

Often when we're feeling angry we may say and do things we later regret. When we're embarrassed or ashamed, we may isolate ourselves from family and friends. And when we're scared or intimidated, we may let people talk us into doing something we're not comfortable with.



Emotions largely control our decision making and while it's perfectly normal to "follow our heart" or "go with our gut", sometimes the decisions we make when we're highly emotional aren't helpful for us or the people we love.

We can't hide, deny or ignore our emotions. They're appropriate responses to a particular situation. What we can do, however, is get better at managing them before we become overwhelmed and do or say something we regret. How do we do this? By paying attention to our thoughts.

Thoughts pop into our heads randomly or remain on repeat for long periods of time. Left unchallenged, our thoughts become more and more real to us, even though they do not exist outside of our own consciousness.

## ♥ EMOTIONAL

### ANGER

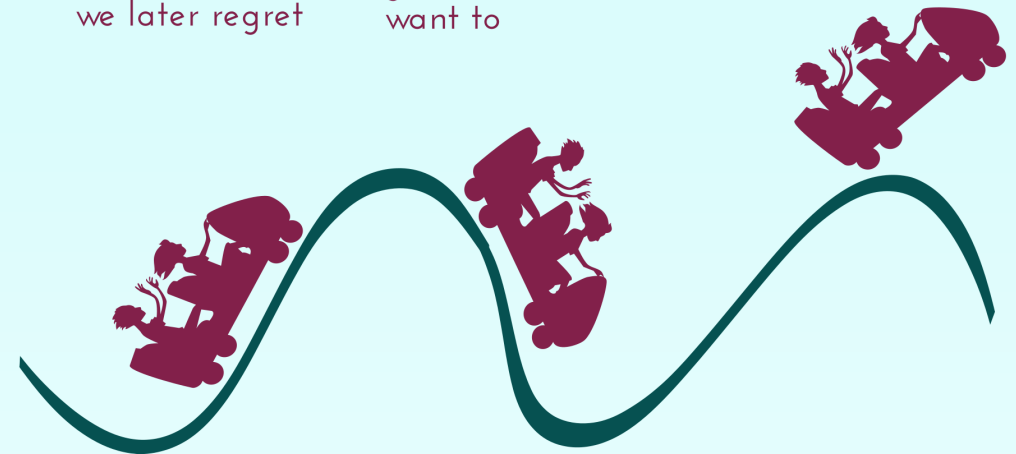
makes us say  
and do things  
we later regret

### FEAR

makes us do  
things we don't  
want to

### SHAME

embarrasses  
and isolates us



We can't deny, or ignore our emotions, but we can get better at managing them. If we can recognise our thoughts for what they are we can make conscious decisions about how we respond



## CONSIDERED



Pausing to consider our thoughts gives us a chance to recognise when negative thoughts have started to feed negative emotions. If we get better at recognising thoughts for what they are, just thoughts, we can make a conscious decision about what to do with them.

Gain some perspective on what was driving your unhelpful thoughts and negative emotions by filling in the map overleaf. How could you think and behave differently next time you're faced with a similar situation?

### 5 ways to cut out negative thoughts

**B**e kind to yourself. Tell yourself you're doing the best you can.

**T**urn off notifications on your phone. Make a plan to only check your phone at certain times of the day.

**S**tart a gratitude journal. Write down 3 things each day that you're thankful for.

**C**hallenge your negative thoughts. Ask yourself how real and true they are. Replace them with realistic, constructive and helpful beliefs.

**T**ake a break and do something you enjoy. Check out the 145 self care ideas at the end of this booklet if you need inspiration.

“Attending BreakThrough and hearing others’ experiences and points of view was so helpful. Finding out how other family members handled particular situations gave me ideas about how I could approach talking to my sister differently next time. I also realised that it was okay to say no and not feel bad about it.”

- Bill



If you require extra support in addition to BreakThrough, call **Family Drug and Gambling Help** 24 hours, 7 days a week on 1300 660 068 to get you started.

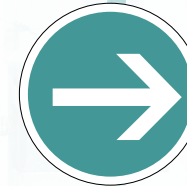


## MANAGING MY OVERWHELMING EMOTIONS

What was the trigger? Where was I? What was I doing? Who was I with? What was the situation that triggered my strong feelings?



What were some of the thoughts I had?



What were my strong feelings?



What are some helpful behaviours to cut this cycle? For example, making an appointment with a GP, talking to a trusted friend, going for a walk with my dog, journalling. How will these behaviours help you? \_\_\_\_\_



What are some helpful thoughts to cut this cycle?

What did I do as a result of these unhelpful thoughts and feelings?



## AGREEING TO DISAGREE THEN MOVING ON

What makes relationships work? Is it good communication? Shared interests? Respect, trust and honesty? No doubt all of these things are important, but something else often gets overlooked. It's how we resolve the inevitable conflicts that arise in our relationships.

If we accept that we're not always going to see eye-to-eye with our loved ones, it can help to view a disagreement as an exchange of ideas rather than a battle that needs to be won. Even if we don't agree with the other person, and in fact, their opinion or ideas make no sense to us whatsoever, agreeing to disagree and then moving on allows us to "let go" so that we're not hanging onto past resentments or unresolved concerns.

Take a moment to reflect on a recent issue you've had with someone you care about. Be open and honest with yourself about the role you played in the disagreement. If you were given another opportunity to resolve the tension between you and this person, how would you behave differently?



Looking back on my conflict  
in my relationship with: \_\_\_\_\_

**What happened?**

**What was I feeling?**

**How did I behave?**

**How do I feel now about everything that happened?  
What can I do to resolve these feelings?**

**What have I learned from this experience?**



## Tips for resolving conflict

### Pick the right time and place

Don't attempt to resolve conflict when you or the other person are experiencing overwhelming emotions, are intoxicated, coming down, hung over or withdrawing. If you're starting to sound like a broken record, stop the discussion and revisit it at another time. It's okay to ask for time out to consider all your options. Respect your loved one's need for space too.

### Take responsibility

You can't control how someone else behaves during a disagreement, but you can take ownership of what you say and how you act. Admitting when you're wrong and saying sorry for losing your cool shows integrity, honesty and a willingness to learn from your mistakes. Your apology may also prompt the other person to reflect on their behaviour.

### Focus on the current issue

Don't use a disagreement as a means to address other disputes, cast blame or attack your loved one's character and personality. Commit to trying to resolve what's happening right now. It's not the end of the world if someone disagrees with your viewpoint. Getting defensive or taking it as a personal criticism will only escalate the tension. Rather than using generalisations like "You always do this..." be specific and name your feelings: "It upsets me when ...".

### Negotiate a compromise

The best solution may be something neither of you like but can both live with. Trying to settle differences by winning the

argument rather than seeking to gain greater understanding denies us the opportunity to learn more effective ways of communicating. Compromisers are good listeners, not passive "yes men". Listening to the other person's point of view without trying to change their mind shows that you respect their right to express their thoughts and feelings, and value a shared experience.



## BECOMING ASSERTIVE

Do you often find yourself wanting to say no but you're scared of how others will react? Are there times when you'd like to express how you feel, but you stay quiet, not wanting to offend?

Avoiding conflict or the possibility of conflict is normal for most people. Some of the reasons why we do this include being scared of rejection or retaliation if we stand up for ourselves, believing we don't have a valid opinion worth voicing, being unsure of what we actually need and want, having past negative experiences whenever we've spoken up, and not wanting to hurt other people's feelings by sharing our thoughts about them or the choices they make.

Being assertive means communicating our feelings, opinions and rights in a clear and calm way. This can be done in conversation, or by writing it in a letter or email. Being assertive is neither passive, which denies our own needs, nor aggressive, which denies the needs of others. It's about being confident and decisive without being confrontational, and open to compromise instead of avoiding difficult conversations or agreeing to things we're not comfortable with.

### Assertive people

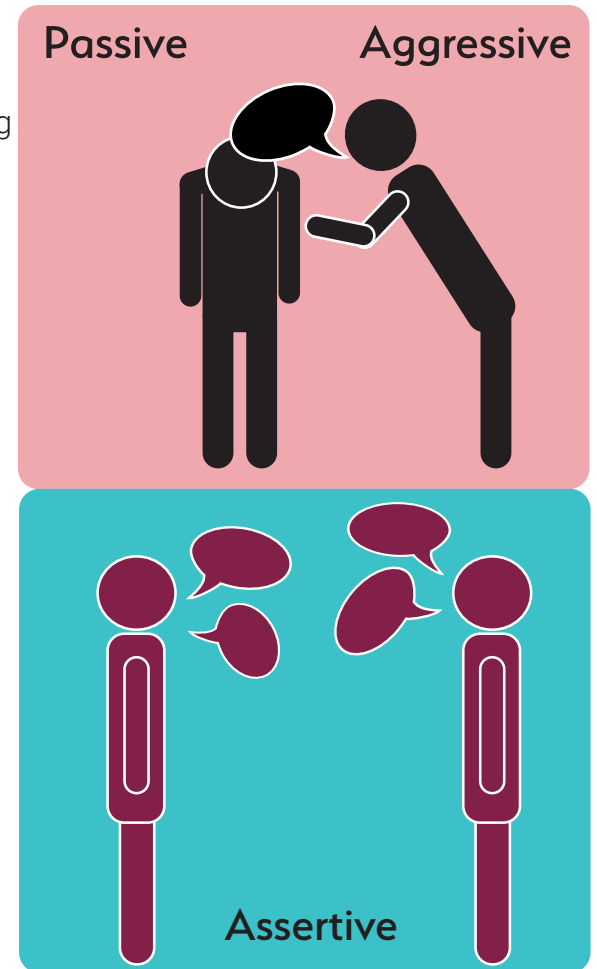
**Are honest** and say exactly what they mean without "beating around the bush".

**Use "I statements"** rather than "you statements", for example: "I feel upset when promises are broken" instead of "You never keep your promises".

**Listen attentively** and are willing to compromise.

**Clarify what they want** in a way that respects other people's ideas and experiences.

This sounds easy, but if you haven't communicated in this way before, it can take some practice. It might be helpful to remember some of the following tips when planning what to say or write.



## Tips for being more assertive

### Demonstrate understanding

Listen to the other person's point of view and acknowledge how they're feeling. Accept that the situation is complex and there are "two sides to every story". Starting a conversation in this way shows you're not trying to pick a fight or prove you're right.

### Voice your problem

Describe your difficulty or dissatisfaction and explain why you need something to change. Don't blame, criticise or use "you always" or "you never" statements. Simply state the impact of the situation from your point of view and use concrete examples, e.g. "I feel disrespected when you don't stick to your side of the agreement. If this doesn't change, we'll need to discuss alternative arrangements."

### State what you want

Make a clear and respectful request for a specific change to resolve your difficulty or dissatisfaction and assert your boundaries. It can help to use "I statements" such as "I feel taken advantage of when you keep asking for money" rather than "you statements" such as "You're only using me to get what you want". Accept you cannot change other peoples' behaviour through persuasion, force or arguing. Your own behaviour, on the other hand, is entirely within your control.

"It's important to be  
compassionate but also  
to have good boundaries.  
Loving my dad means  
I need to allow him  
to experience the  
consequences of his own  
actions."

- Rachel



## PRACTICING MY ASSERTIVENESS

**Step 1:** Write down three situations in which you would like to improve your assertiveness, e.g. saying no to your boss when you feel pressured to take on more work.



1.

2.

3.

**Step 2:** Rank the situations from 1 to 3 according to how difficult you think being assertive will be.

**Step 3:** Identify anything that may prevent you from demonstrating an understanding of the other person's viewpoint, voicing your problem or stating what you want.

**Step 4:** Brainstorm ways of changing or working with these obstacles.

**Step 5:** What strengths do you have that will help you be more assertive in the situations you identified?

## RECOGNISING MY STRENGTHS

When we're stressed, exhausted and in crisis mode, it's easy to focus on our weaknesses rather than our strengths. The negative things we say to ourselves like "I can't change the way I am" or "I'm never going to be happy" keep us stuck in a state of helplessness with little idea about how to move forward or find answers to our problems.

Studies have shown that when we focus on recognising and developing our strengths, we learn, grow and change much faster than when we try to improve our weaknesses. Using our strengths also helps us to be more confident, productive and solution-focused, and to feel less stressed overall.

Strengths can be internal like having a sense of humour or being good at fixing things, and external like having a supportive friend or a satisfying job. Identifying your strengths can remind you of what comes naturally to you, what you're good at and what has helped you in the past to deal with difficult and stressful situations.



Think about your strengths in different areas of your life. The following list might give you some ideas before filling out the map. Be sure to include some actionable skills (like cooking) and some social-emotional skills (like staying calm in emergencies).

“When I realised I needed to get support for myself, rather than for my son, I felt like I’d gained back a little bit of self-control. My counsellor helped me identify some of my strengths which I’d never thought about before. I could use my resilience and awareness to stop focusing on all the negative stuff and start changing my own mindset.”

**- Peter**







## WHERE AM I AND WHERE DO I WANT TO BE?

Research shows that motivation builds when we feel hopeful about our future. On the other hand, when we feel hopeless, any effort to change our lives seems pointless, as the risk of trying and failing could lead to even greater disappointment.

Rather than making ourselves feel bad about where we're at, it can help to think about what we want our future to look like and map out the steps needed to get there.

Start by exploring what a 'good life' looks like to you. Is there a difference between the way you currently live your life and how you'd like things to look in three months' time?

Consider your current circumstances with your family and social relationships, work and meaningful activities, physical and emotional health, and any other area of your life you see as important. Write down the qualities of your relationships. What's needed to make them more fulfilling?

Think about your work and meaningful activities in the same terms. Have you neglected your own physical health while your focus has been elsewhere? What about your emotional wellbeing? How can you move towards becoming more resilient and able to cope with life's demands, while letting go of some of your stress and worry?

When thinking about how you'd like your future to be, consider the following...



**W**hat can I do to improve my future relationships, career, health and happiness?

**H**ow do my current actions and behaviour fit with my vision of the future?

**H**ow do I move closer towards achieving my most important goals?

**W**hat can I commit to working on over the next 3 months?



## MY GOALS

**FAMILY**

**SOCIAL RELATIONSHIPS**

**WORK AND MEANINGFUL ACTIVITIES**

**PHYSICAL HEALTH**

**EMOTIONAL HEALTH**

**OTHER**

## 145 SELF CARE IDEAS

Sometimes when our calendars are full of appointments, chores, work and social events, we don't think twice about cancelling the time we've made for ourselves to cook a healthy meal, pursue a hobby, do some exercise, or get involved in any other activity that's beneficial for our health. Often ignored or undervalued, self care is essential for our mental, physical and emotional wellbeing.

Self care is not the same thing as self indulgence. We might feel guilty for thinking we need to take a break from our busy lives and do something we know will ultimately make us feel better. But if we don't start making time for ourselves and the things we enjoy, we're more at risk of feeling unhappy and resentful, and less able to manage everyday stress and anxiety.

Unfortunately, all of our responsibilities such as paying bills, doing housework and caring for loved ones don't go away. But we can choose to balance our work, family and leisure time more evenly to remind ourselves that our needs are important too.

Read through the list of ideas overleaf. When was the last time you did something for yourself on this list? Circle the ones that you're most likely to do – things you enjoy or things you've always wanted to try. Commit to doing at least one thing on this list once a day and schedule time to do it.

When you feel overwhelmed by everything that's going on in your life, look at the ideas you've circled and choose one thing you know will help relax you. Set aside time on the weekend or at the beginning or end of the work day to do it.

“There are times when I just need to switch off my phone and take the time to look after myself. Put myself first. Following my own dreams and having my own life helps to keep me motivated and this can have a positive influence on my family too.”

**- Ashwin**

# Everyday

**M**ake a list of tasks and tick them off when completed.

**C**lean the house, tidy or rearrange a room, make the bed.

**O**rganise cupboards, throw out old things, give clothes to the op shop, organise a hard rubbish collection.

**P**repare a meal, try a new recipe.

**W**eed the garden, mow the lawn.

**L**isten to music.

**R**ead a book, magazine, newspaper or online news.

**W**atch TV or binge-watch a series.

**L**augh and don't take yourself too seriously.

**F**ix something that's broken, change a light bulb, sew a button.

**W**rite an email or letter to a friend, phone or SMS a friend.

**H**ave a shower, wash your hair, brush your teeth.

**C**heck and respond to emails.

**W**ork on a car or bike.

**G**o grocery shopping.

**C**hange your bed sheets and towels.



**G**o to the local library – borrow books, read magazines, use the internet, attend a free event.

**D**o the laundry, iron clothes.

**L**isten to the radio, call a talkback program, watch the news.

**C**heck employment websites regularly if looking for work or wanting a career change, learn to write an attention-grabbing cover letter and resume.

**G**et help from a friend to declutter or reorganise a living space.

**C**lean out your garage or shed.

**T**ake note of all the things you've accomplished today.

# Creative

**R**evisit hobbies and things you used to love doing but haven't made time for recently.

**W**rite down ideas/thoughts, goals, dreams, poetry, start a journal, short story, memoir or novel.

**P**lay a musical instrument, sing, record and create your own music.

**S**tart collecting – postcards, sports memorabilia, antiques.

**D**o some metal or woodwork, build a model.

**K**nit, crochet, sew, scrapbook, make something for yourself or a friend.



**P**aint, draw, sketch, design something.

**T**ake photos and edit them on the computer, make an album.

**M**ake stencil art cards or pictures, do mindful colouring, create a collage.

**S**tart a blog or website.

**L**earn a language.

**A**rrange flowers, plant a vegetable garden.

**L**earn some new dance moves.

**B**uild an aquarium or terrarium.

**D**o a jigsaw puzzle or crossword.

**R**edecorate a room, update furniture or pictures, start a new project like curtain-making.

**M**ake something out of clay or paper (search the Internet or a local library for ideas).

**B**uild and play with Lego.

**M**ake jewellery or beads.

**U**pcycle a piece of furniture.

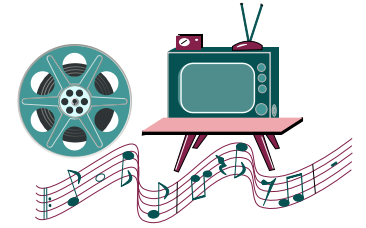
**B**uild a sandcastle.

**M**ake homemade soap, bath bombs or candles and give to your family and friends.

**L**earn a new cooking technique or skill.

**M**ake a video and post to YouTube.

## Entertainment



**O**rganise a dinner or BBQ with friends you haven't seen for a while.

**J**oin a local club or sporting team.

**P**ost something on Facebook or Twitter.

**P**lan a holiday or weekend away.

**G**o to the zoo.

**G**o to the theatre, support local or amateur art programs.

**A**ttend a sporting event such as football, soccer or cricket.

**P**lay cards or board games with friends, organise a games tournament.

**G**o to a concert, gig or comedy event.

**G**o on a picnic, plan a trip with others.

**A**ttend a free lecture at a library or community centre.

**J**oin a choir or theatre group.

**G**o shopping with a family member.

**P**lay video games with friends or family.

**J**oin a book or movie club, go to the movies.

**J**oin a community garden or a green space.

**J**oin a chess or bridge club.

**V**isit a museum or art gallery.

**S**mile at strangers at the supermarket, chat with people who live in your street.

**S**upport a friend's play, choir, art show, performance.

**A**ttend an Open Day at a TAFE or university.

**T**ake a child to the circus, indoor play centre, amusement park.

**G**o on a date.

**P**lay tourist in your own city.

## Alone time

**H**ave an evening in, enjoy the peace and quiet.

**C**omplete a task that you set yourself.

**T**hink: "I did that well. How will I do it again?"

**R**ead a self-help or professional development book, enrol in a course.

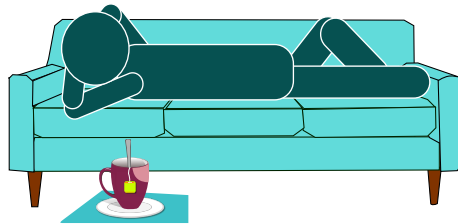
**E**at healthy home-cooked meals and nourishing snacks, drink plenty of water.

**W**atch a sunrise or sunset.

**W**rite a bucket list of things you'd love to do.

**U**se aromatherapy, essential oils, scented candles, incense.

**P**ractice gratitude, appreciate the good things in your life.



**C**reate a playlist of your favourite music.

**G**et a massage or beauty treatment.

**H**ave a relaxing bath or shower.

**W**ork on your finances, manage your money, make a budget.

**T**ake a half hour break from work or chores and have a cuppa.

**S**pend time with pets, e.g., groom, bathe, cuddle, pat.

**G**et out into nature and pay attention to your surroundings.

**W**ork on improving your sleep, research ways to address insomnia, talk to your GP.

**G**o to a market or op shop and search for treasures.

**G**o for a drive, visit somewhere you've never been before.

**T**hink: "I'm a person who is coping pretty well with everything".

**B**uy something for yourself (clothes, perfume, jewellery).

**S**olve personal problems, use your strengths.

**D**ress up, go to the hairdresser or nail salon.

**D**o nothing and don't feel guilty about it.



# Relationships

**R**ead a book to a child, draw, play a game or go to the park.

**H**elp out a neighbour.

**D**evelop a career strategy with a friend, colleague or counsellor.

**G**et in touch with someone you've been thinking of but haven't seen in a while.

**S**tart a family tree and contact relatives for their input.

**S**how interest in other people, be present.

**V**isualise meeting new people.

**G**ive someone special a hug.

**T**ake off your headphones and don't hide behind your phone.

**P**ractice empathy and learn to trust more.

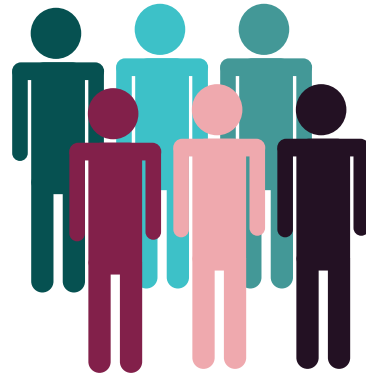
**V**olunteer, get involved in the community, enquire about mentoring.

**A**ttend a march or protest about an issue you feel passionate about.

**L**earn a new skill in a group setting – language, music, mosaics, pottery, robotics, IT, cooking.

**G**o to a work function.

**A**ttend church or a spiritual group.



**L**earn to manage rejection.

**H**ost a family/friends get-together.

**V**isit or call elderly or isolated relatives.

**P**ractice active listening.

**A**ccept and celebrate differences.

**B**uy a gift for someone special, make and send a card.

**T**ake a break from social media and reconnect with the people around you.

**I**ncrease the frequency of interactions with people who make you feel good.

**T**alk to a trusted friend or professional about how you're feeling and what you're thinking.

**G**ive people your time, pay attention to those around you.

# Physical

**T**ry to exercise regularly, even on days when you don't feel up to it.

**G**et outside every day.

**D**o jobs around the house that require physical labour – garden work, cleaning, washing the car.

**S**tand up, have a stretch.

**G**o for a walk, walk the dog, visit a park.

**S**wim some laps, do water aerobics.

**J**oin a gym, do circuit training or group fitness.

**G**o camping and hiking for the weekend.

**P**ractice yoga, Pilates, Tai Chi, a martial art.

**J**oin a dance class.

**P**ractice deep breathing, meditation.

**G**o for a jog, train for a half-marathon or triathlon.

**D**o a free online yoga class via Youtube, use a meditation app.

**G**o fishing or sailing.

**G**o to a sauna or spa.

**W**alk in the countryside, on a beach, in a park, join a bushwalking club.



**G**o bowling – ten pin or lawn.

**P**lay sport with a friend.

**T**ry your hand at indoor sport – squash, soccer, table tennis, badminton.

**R**ide your bike or walk to the local shops.

**D**raw up an activity action plan.

**B**uild a cubby house or sand pit for a child.

**H**elp someone move house.

**U**se a pedometer or calorie counter to set goals around fitness and diet.

**G**et a health check, visit the GP or dentist.



NOTES

