

Coping with cravings

- > Avoid high risk situations
- > Remove temptations or potential triggers
- > If you feel a craving, wait an hour before acting on it.
- > The urge to use lasts for short periods of time and will pass.
- > Remember why you wanted to stop using, what will happen if you go back to using (good & bad).
- > Call a friend or the Alcohol and Drug Information Service on 1300 13 1340 for support.



Government of South Australia

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What else can I do?

Exercise. Go for a walk. Watch a movie. Doodle. Clean the house. Do some gardening. Meditate or take a nap. Spend time with family. Read the paper. Take slow deep breaths. Do a puzzle. Eat a lolly or some nuts. Paint. Go shopping. Try aromatherapy. Have a massage. Play video games. Go on the internet. Cook a healthy meal. Ride a bike. Go for a swim. Write a letter. Call a friend. Walk the dog. List the good things in life. Chew a toothpick. Buy some gum to chew. Try a crossword. Read a book. Join a gym or a club. Take up a sport. Listen to music. Find someone who needs a hand. Go to the beach. Do something different.