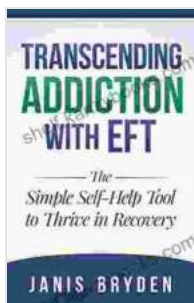


Unlock Your Recovery: The Simple Self-Help Tool to Thrive

TYPES OF COPING SKILLS

<p>Self-Soothing (Calm the body's stress response)</p> <p>Examples: • Deep breathing • Listening to music • Taking a walk • Taking a warm bath • Drinking tea • Taking a shower • Taking a nap • Taking a break • Taking a vacation</p>	<p>Distraction (Taking your mind off the problem temporarily)</p> <p>Examples: • Watching TV • Reading • Listening to music • Taking a walk • Taking a shower • Taking a nap • Taking a break • Taking a vacation</p>	<p>Opposite Action (Doing something that is opposite of your emotion that is consistent with a more positive emotion)</p> <p>Examples: • If you are feeling sad, do something that is uplifting (e.g., watching a comedy movie, listening to happy music, etc.) • If you are feeling angry, do something that is calming (e.g., taking a walk, listening to music, etc.)</p>
<p>Emotional Awareness (Tools for identifying and expressing your feelings)</p> <p>Examples: • Journaling • Talking to a friend • Writing a letter • Drawing / art therapy</p>	<p>Mindfulness (Tools for centering and grounding yourself in the present moment)</p> <p>Examples: • Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.</p>	<p>Crisis Plan (Tools for dealing with emergencies and preventing relapse)</p> <p>Examples: • Calling a friend • Calling a support group • Calling a therapist • Calling a crisis line</p>



Transcending Addiction with EFT: The Simple Self-Help Tool to Thrive in Recovery by Janis Bryden

★★★★☆ 4.7 out of 5

Language : English
 File size : 6742 KB
 Text-to-Speech : Enabled
 Enhanced typesetting : Enabled
 Word Wise : Enabled
 Print length : 88 pages
 Lending : Enabled



Are you ready to break free from the shackles of addiction and embrace a life of purpose, fulfillment, and well-being? 'The Simple Self-Help Tool To Thrive In Recovery' is your guiding light on this transformative journey.

Empower Yourself with a Proven Path to Recovery

This meticulously crafted self-help book is the culmination of years of research, experience, and insights from renowned experts in the field of addiction recovery. It provides you with a step-by-step roadmap that empowers you to:

- Understand the underlying causes of your addiction
- Develop coping mechanisms to navigate triggers and challenges
- Build a strong support system and connect with like-minded individuals
- Discover your purpose and passions to create a meaningful life

Unleash the Power of Your Mind and Body

Recovery is not just about quitting substances; it's about healing your mind and body. 'The Simple Self-Help Tool To Thrive In Recovery' guides you through evidence-based techniques that promote:

- Cognitive restructuring to break negative thought patterns
- Mindfulness and meditation to reduce stress and anxiety

- Exercise and nutrition plans to enhance overall well-being

Receive Expert Guidance and Support

You're not alone in your recovery journey. This book provides you with invaluable guidance and support from professionals who have dedicated their lives to helping individuals like you thrive.

- Interviews with addiction experts
- Personal stories of recovery
- Access to online support groups and resources

Transform Your Life with 'The Simple Self-Help Tool To Thrive In Recovery'

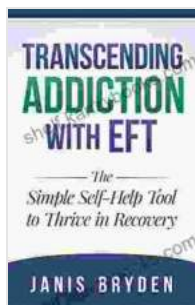
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- Discover your purpose and passions
- Build strong and supportive relationships
- Experience well-being, happiness, and fulfillment

Don't let addiction control your life any longer. Take the first step towards recovery today and Free Download your copy of 'The Simple Self-Help Tool To Thrive In Recovery'. Your future self deserves a life of freedom and purpose.

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