

# INFORMATION ON REDUCING / STOPPING YOUR DRUGS OR ALCOHOL USE

## Drug and Alcohol Service

### How can you feel more comfortable when you reduce or stop alcohol or drug use?

There are many things you can do to make your withdrawal as comfortable and as safe as possible:

- Try to eat a variety of fresh fruit and vegetables, pasta and rice in your diet. These types of food are important in repairing damaged to your body and immune system.
- Light exercise such as walking or gentle stretching may improve blood circulation to muscles and joints and reduce discomfort. Don't push yourself.
- A bath or oil burner with a few drops of lavender oil may relieve stress and anxiety. Listen to relaxing music. Borrow relaxation tapes from the library.
- Keep your environment warm, have a comfortable clean bed as you may sweat a lot. Try herbal teas e.g. Chamomile, Valerian or Sleepy Time to help reduce tension. These will also help you sleep.

### General Information on withdrawal

It is also very normal to have 'good days' and 'not so good days'. Sometimes when people are in their 'not so good' moments they can get frightened about being 'back where they started from' and feel that they have not progressed at all. A 'not so good' day is only temporary so focus on how to get yourself moving forward again!

Here are some hints on what to do if you have a temporary setback:

- Remember that it will pass
- Get in early and recognise the signs or likely triggers
- Reassure yourself - a setback doesn't mean you have failed
- If possible, work out why it happened, learn from it and develop strategies that maybe helpful for the future
- It's ok to seek help from others. Speak to your Case Manager or counsellor
- Remember what was helpful and what didn't help
- Remember your achievements and recognise that you did cope

### Hep C and Withdrawal

The symptoms of Hep C may increase while you reduce or stop you drug or alcohol use. You may get increased pain in the liver, aches and joint pain in the legs, cramps, nausea and vomiting.

Alcohol and other drugs may have been hiding these symptoms, so it makes sense that detoxing will bring these symptoms to your notice. You need to improve your general health to help with these

### What else can you do?

Your counsellor or Case Manager will be available to help and support you through your withdrawal. Try to use your initial enthusiasm to keep motivated.

If you have any questions, **please feel free to contact our service on 1300 652 226.**

**The Health Care Interpreter Service provides a free and confidential interpreting service 24 hours a day, 7 days a week. For bookings please call Ph.: 4223 8540.**

**If you need an interpreter let your service provider know immediately and they can book one for you in your preferred language.**