



Family Program

Family Program

Session #1

Agenda

- Boundaries
- Discussion



What is Addiction

- The [American Society of Addiction Medicine](#) defines addiction as “a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.”

[Understanding Addiction as a Disease \(Wait21\) - YouTube](#)

(American Society of Addiction Medicine, Inc.)

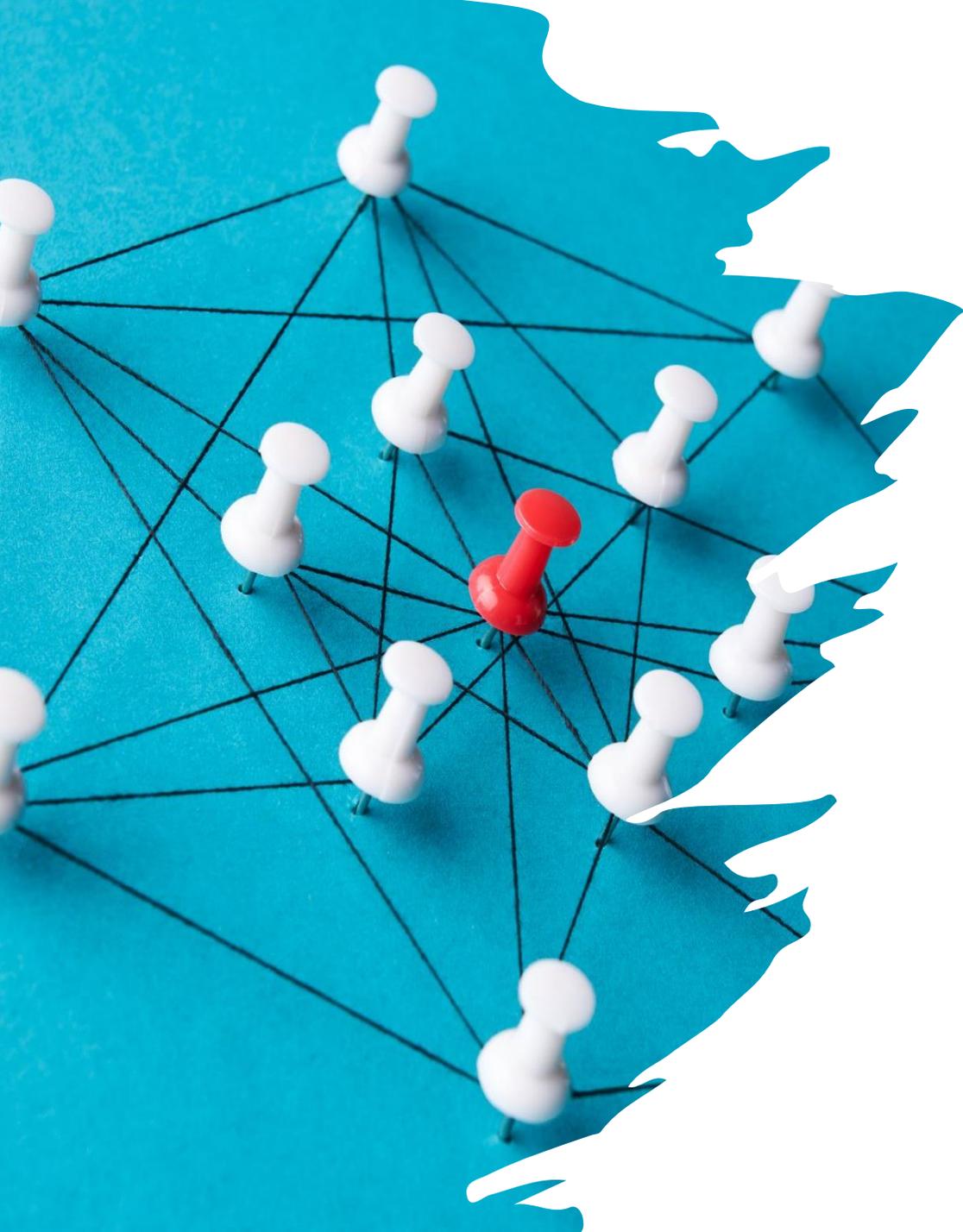


Boundaries

- [Setting Healthy Boundaries - YouTube](#)

**It's OK
to
Set
Boundaries**





What are boundaries?

Boundaries are guidelines, rules or limits that a person creates to identify for themselves what are reasonable, safe and permissible ways for other people to behave around them and how they will respond when someone steps outside those limits. (outofthefog.net)



Boundaries

FAMILIES ARE THE
COMPASS THAT GUIDES
US. THEY ARE THE
INSPIRATION TO REACH
GREAT HEIGHTS, AND
OUR COMFORT WHEN WE
OCCASIONALLY FALTER.
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“An intimate relationship is one in which neither party silences, sacrifices, or betrays the self and each party expresses strength and vulnerability, weakness and competence in a balanced way” – Harriet Lerner

Setting boundaries is essential if we want to be both physically and emotionally healthy.

Creating healthy boundaries is empowering. By recognizing the need to set and enforce limits, you protect your self-esteem, maintain self-respect and enjoy healthy relationships.

Unhealthy boundaries cause emotional pain that can lead to dependency, depression, anxiety and even stress-induced physical illness.

Boundaries

Why is it important to set boundaries?

- To practice self-care and self-respect
- To communicate your needs in a relationship
- To make time and space for positive interactions
- To set limits in a relationship in a way that is healthy

**SAY NO TO THINGS YOU CANNOT
AFFORD OR HAVE THE ENERGY
FOR**

**TIPS ON
SETTING
BOUNDARIES**

**EXPRESS YOURSELF
AND TELL PEOPLE WHAT
YOU DO AND DO NOT LIKE**

**PRACTICE
SELF
AWARENESS**

**BE
ASSERTIVE**

Physical Boundaries

- Physical boundaries provide a barrier between you and an intruding force.
- Physical boundaries include your body, sense of personal space.
- These boundaries are expressed through clothing, shelter, noise tolerance, verbal instruction and body language.
- An example of physical boundary violation is a close talker.



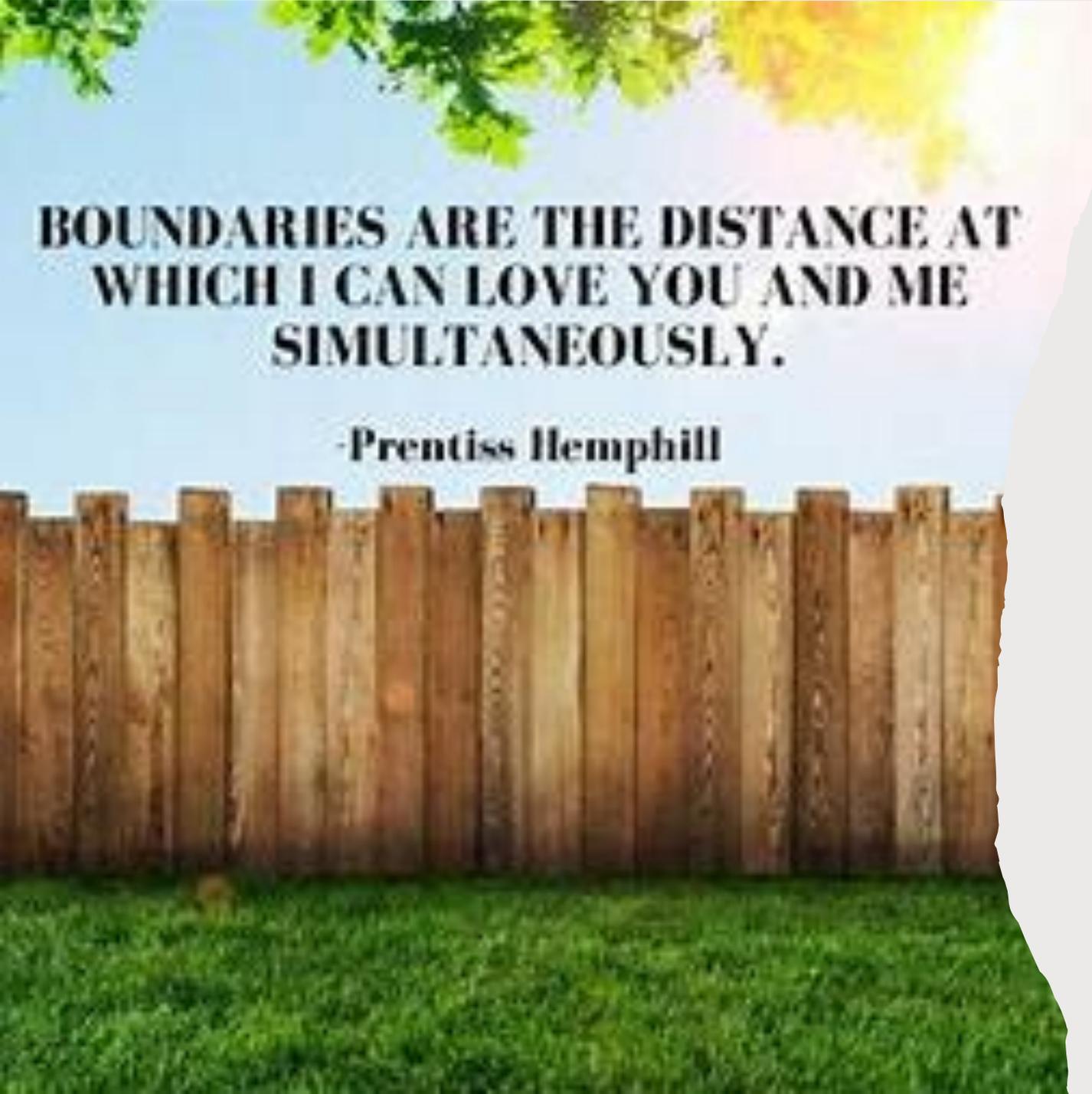
"Is **THIS** the line you're telling me not to cross?"



Emotional and Intellectual Boundaries

These boundaries protect your sense of self-esteem and ability to separate your feelings from others’.

- When you have weak emotional boundaries, you expose yourself to being greatly affected by others’ words, thoughts and actions and end up feeling bruised, wounded and battered.
- These can include beliefs, behaviours, choices, sense of responsibility, and your ability to be intimate with others.
- Examples of emotional and intellectual boundary invasions are:
 - 1) Not knowing how to separate your feelings from your partner’s and allowing his/her mood to dictate your level of happiness or sadness (Aka co-dependency).
 - 2) Sacrificing your plans, dreams and goals in order to please others.



**BOUNDARIES ARE THE DISTANCE AT
WHICH I CAN LOVE YOU AND ME
SIMULTANEOUSLY.**

-Prentiss Hemphill

Barriers to Boundary Setting

It seems obvious that no one would want his/her boundaries violated. So why do we allow it? Why do we NOT enforce or uphold our boundaries?

- FEAR of rejection and ultimately abandonment
- FEAR of confrontation
- GUILT
- We were not taught healthy boundaries
- Safety concerns



Healthy Boundaries allow you to:	Unhealthy Boundaries are characterized by:
<ul style="list-style-type: none"> • Share personal information gradually, in a mutually sharing and trusting relationship. 	<ul style="list-style-type: none"> • Sharing too much too soon or, at the end of the spectrum, closing yourself off and not expressing your needs and wants.
<ul style="list-style-type: none"> • Empower yourself to make healthy choices and take responsibility for yourself. 	<ul style="list-style-type: none"> • Disempowerment. You allow others to make decisions for you, consequently, you feel powerless and do not take responsibility for your own life.
<ul style="list-style-type: none"> • Separate your needs, thoughts, feelings and desires from others. Recognize that your boundaries and needs are different from others. 	<ul style="list-style-type: none"> • Weak sense of your own identity. You base how you feel about yourself on how others treat you.
<ul style="list-style-type: none"> • Be assertive. Confidently and truthfully say “yes” or “no” and be okay when others say “no” to you. 	<ul style="list-style-type: none"> • Inability to say “no” for fear of rejection or abandonment.
<ul style="list-style-type: none"> • Have an equal partnership where responsibility and power are shared. 	<ul style="list-style-type: none"> • Feeling responsible for others’ happiness
<ul style="list-style-type: none"> • Have high self-esteem and self respect. 	
<ul style="list-style-type: none"> • Protect physical and emotional space from intrusion. 	



Tips for Setting Healthy Boundaries

Do it clearly, calmly, firmly, respectfully and in as few words as possible.

Remember your behaviour must match the boundaries you are setting.

You cannot successfully establish a clear boundary if you send mixed messages by apologizing.

Set your boundaries in your own time frame, not when someone else tells you.

Develop a support system of people who respect your right to set boundaries.

Listen to yourself, determine what you need to do or say, then communicate assertively.

Do not justify, get angry or apologize for the boundary you are setting.

Do not let anxiety, fear or guilt prevent you from taking care of yourself.

Do not try to set boundaries in the heat of an argument.

Boundaries

Discussion

- What are some things that are holding you back from setting healthy boundaries with your loved one?
- What is the first boundary you are going to set after this course?





Family Program Session 2

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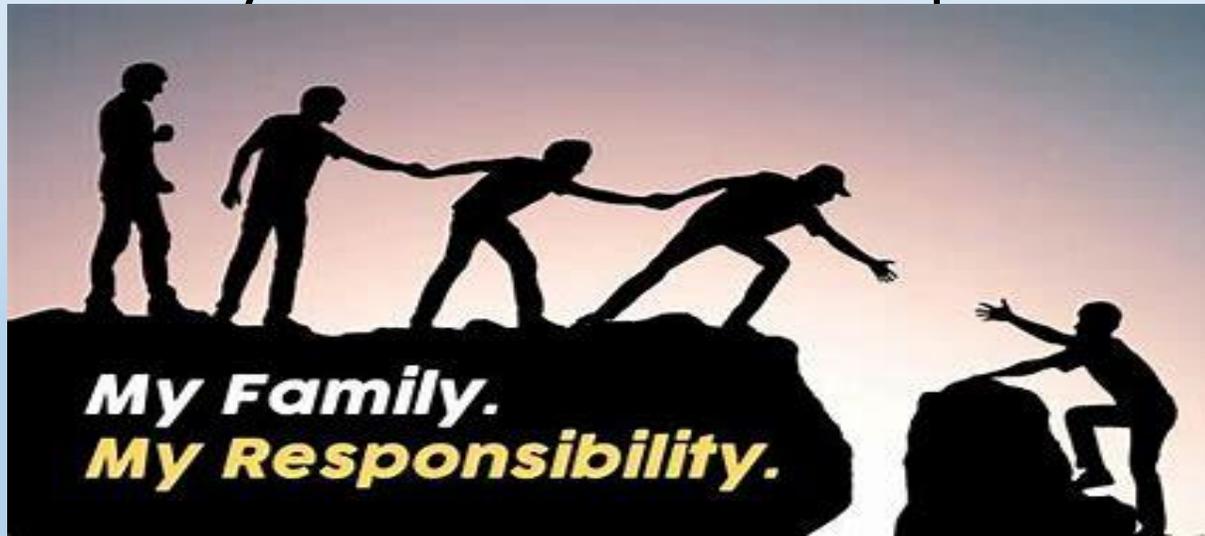


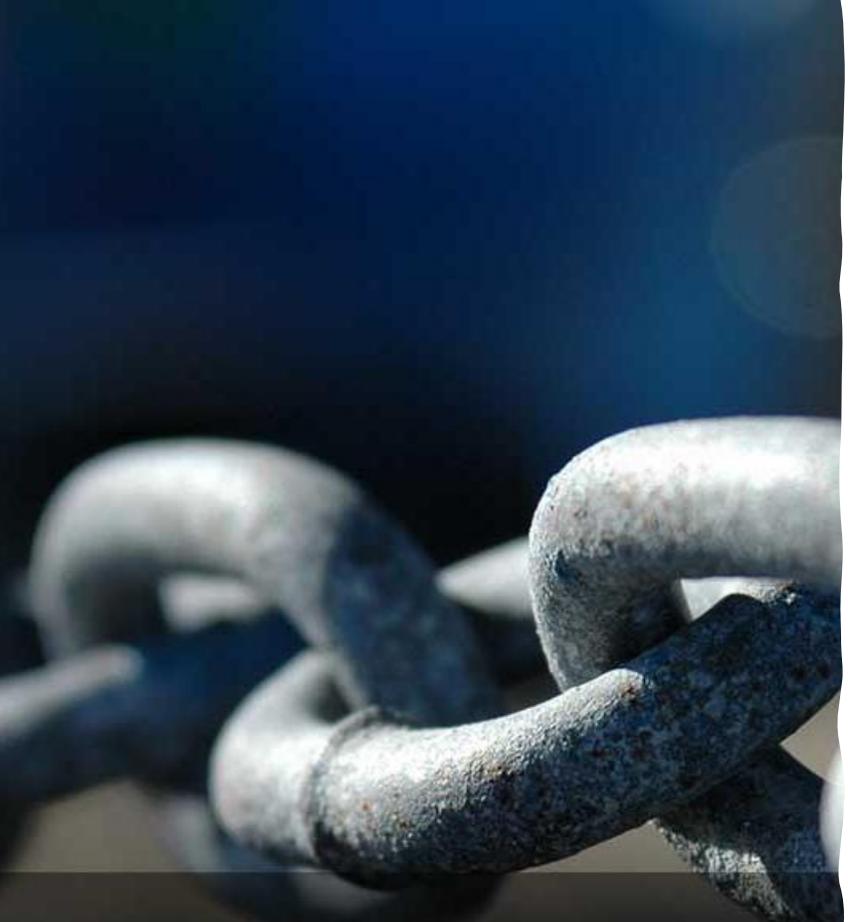
Family Program Session #2

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- Codependency
- Setting Goals
- Family Roles and Relationships





S OF DEPENDENCY

Codependency

- [Codependency & Dependent Personality - Family First Intervention - YouTube](#)
- **Define Codependency:** Excessive emotional or psychological reliance on a partner, typically one who requires support on account of an illness or addiction.
- **Further defining Codependency:** Codependency can be defined as any relationship in which two people become so invested in each other that they cannot function independently anymore. Your mood, happiness, and identity are defined by the other person.

Codependency

- Like most people, you might think that you need to help your loved one. You probably fear that if you don't provide help, he or she will end up in a worse predicament.
- When you can be as truthful as possible with yourself about your own enabling behaviours, you can begin to make different choices. This will lead to healthier changes in your loved one as well.
- What are some enabling or “rescuing” behaviours you have shown with your loved one?



Codependency

8 Signs You're in a Codependent Relationship

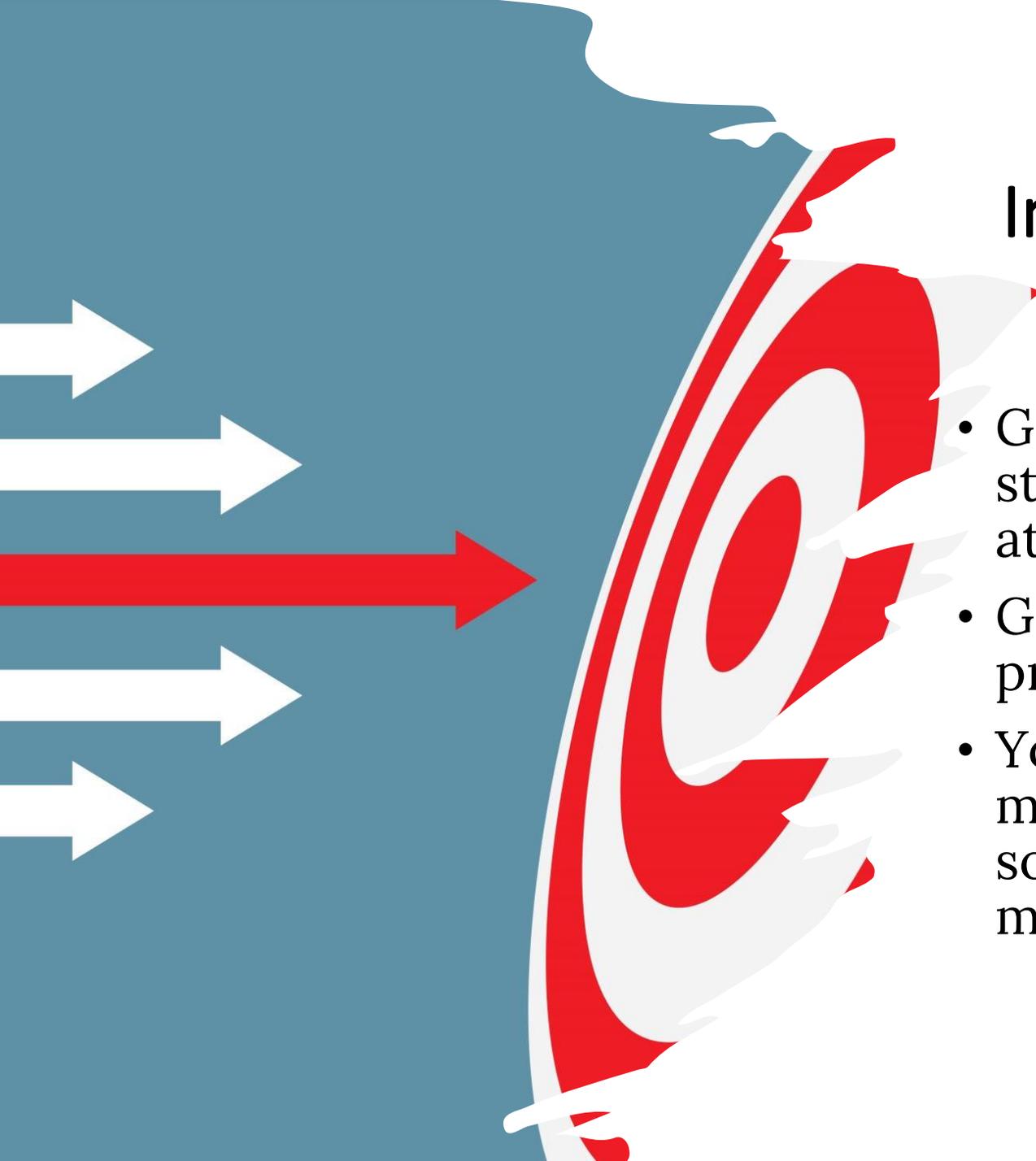
- Difficulty making decisions in a relationship
- Difficulty identifying your feelings
- Difficulty communicating in a relationship
- Valuing the approval of others more than valuing yourself
- Lacking trust in yourself and having poor self-esteem
- Having fears of abandonment or an obsessive need for approval
- Having an unhealthy dependence on relationships, even at your own cost
- Having an exaggerated sense of responsibility for the actions of others



Let's Change

- The only person you have any control over is yourself.
- Cultivate your wisdom so that you know the difference between what you can and can't change, and stop trying to control or "fix" anyone other than yourself."
- You need to set GOALS!





Importance of Setting Goals

- Goals help motivate us to develop strategies that will enable us to perform at the required goal level.
- Goals also help align your focus and promote a sense of self-mastery
- You can't manage what you don't measure, and you can't improve upon something that you don't properly manage

Setting Goals Examples

- **Personal Goals:** Please identify three (3) personal characteristics that you think need to be changed.
- **Occupational Goals:** Please identify three (3) work-related problems that need to be resolved.
- **Relationship/Family Goals:** Please identify three (3) major relationship and/or family problems that need to be resolved.
- **Social Goals:** Please identify three (3) major social problems that need to be resolved.
- **Twelve Step Goals:** Please identify three (3) major problems you have had in working your Twelve Step program that will need to be resolved. If you do not choose a Twelve Step program as your approach to recovery, identify other recovery goals you want to set for other problem areas in your life.



Types of Goals:

We all have different things we want to achieve in our lives and each fall into different categories of goals.

- There are many different categories, but we will explore four of the most common.

1. “Go-up” Goals

- These are “growth” goals with the concept of moving from “low to high” or from “small to big.” Examples may include obtaining a new job or promotion, purchasing a better car or a bigger house, etc.

2. “Give-up” Goals

- These are goals that are made when you think, “I have something that I no longer want.” Examples may include “giving up” poor health, high stress, excess weight, poor habits, etc.



Types of Goals:

3. Deficiency Goals

- These are goals that are made when you think, “There is something I don’t have that I want in my life.” Examples may include more love, more money, more security, etc.

4. Habit Goals

- These are goals based on creating and implementing a new habit or replacing an old one. Examples may include exercise regimes, diet, changing thought patterns, etc.





Setting Smart Goals

[How to Set SMART Goals - Bing video](#)



Smart Goals

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S



SPECIFIC

Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started!

M



MEASURABLE

Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.

A



ACTIONABLE

Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.

R



REALISTIC

Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.

T



TIMEBOUND

A date helps us stay focused and motivated, inspiring us and providing something to work towards.

SMART GOALS EXPLAINED

THE COACHING
TOOLS COMPANY.COM

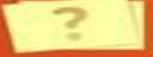


Goal Setting Tips

11 Ways to Improve Your Goal Setting

by @inner_drive | www.innerdrive.co.uk



- **Have a Long Term Goal**
Gives your motivation a boost.
- **Have a Short Term Goal**
Helps you maintain focus.
- **Make it Challenging but Realistic**
Aim high so that you really push yourself.
- **What's the Why?**
Give a reason why your goal is important.
- **Make it Specific**
Specific not vague terms make it easier to monitor progress.
- **Focus on Skills**
Focus on developing your skills, not just on the end outcome.
- **Be Flexible**
If the situation changes, tweak your goals.
- **Share Your Goals**
If other people know about them, they may be able to help you.
- **Ensure There is Trust**
People work harder on achieving a goal if they trust the person who has set them that goal.
- **Consider Potential Obstacles**
This allows you to come up with a plan, ensuring that you are fully prepared.
- **Monitor Progress**
This helps you stay on the right track and to adjust as needed.

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Monitor Goals

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- “Monitoring goal progress is a crucial process that comes into play between setting and attaining a goal, ensuring that the goals are translated into action,”



- Monitoring Goals allows for better Goal attainment



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Any
Questions



Family Program Session 3

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*Family
Program
Session #3*

PAWS

POST-ACUTE WITHDRAWAL SYNDROME

A set of persistent symptoms that occur after withdrawal



Follow the initial withdrawal timeline expectancy



Symptoms include cravings and depression



Can be managed through counseling sessions and group therapy

Understanding PAWS (**Post Acute Withdrawal Syndrome**)

[Understanding PAWS and Relapse - Bing video](#)

Stages of Withdrawal

There are two stages of withdrawal.

Stage 1

Acute Stage

- which usually lasts at most a few weeks.
- Loved Ones - may experience physical withdrawal symptoms.
- But every drug is different, and every person is different.

Post Acute Withdrawal Syndrome (P.A.W.S.)

**The second stage of withdrawal is called
Post-Acute Withdrawal Syndrome (P.A.W.S).**

- During this stage you'll have fewer physical symptoms, but more emotional and psychological withdrawal symptoms.
- This stage can last up to a year or more.

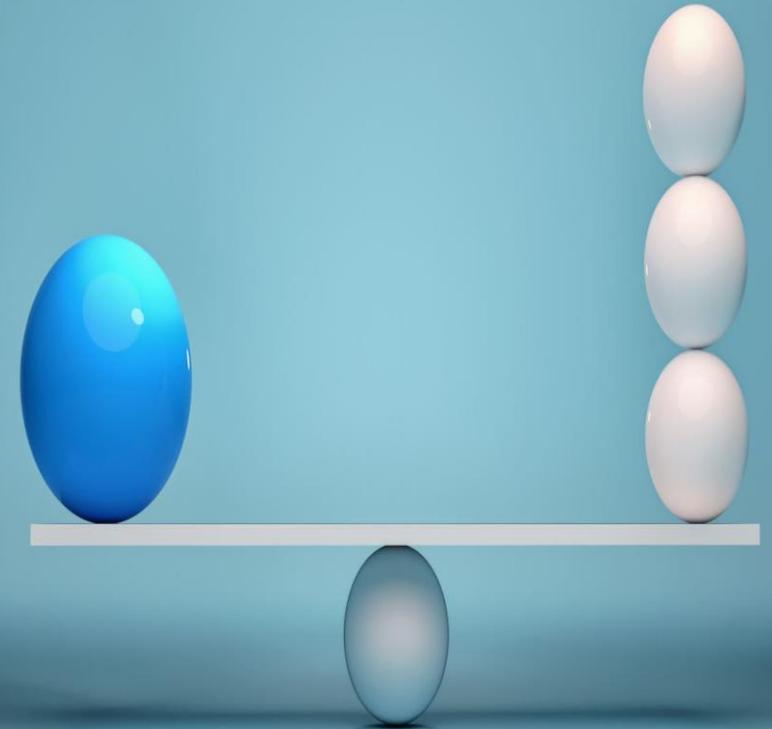


There are 3 types of relapse.

1) Emotional Relapse.

This is when your emotions/behaviours are out of control or not being managed. Some signs of emotional relapse are:

Anxiety, intolerance, anger, defensiveness, mood swings, isolation, not asking for help, not going to meetings, poor eating habits and poor sleeping habits.





3 Types of Relapse

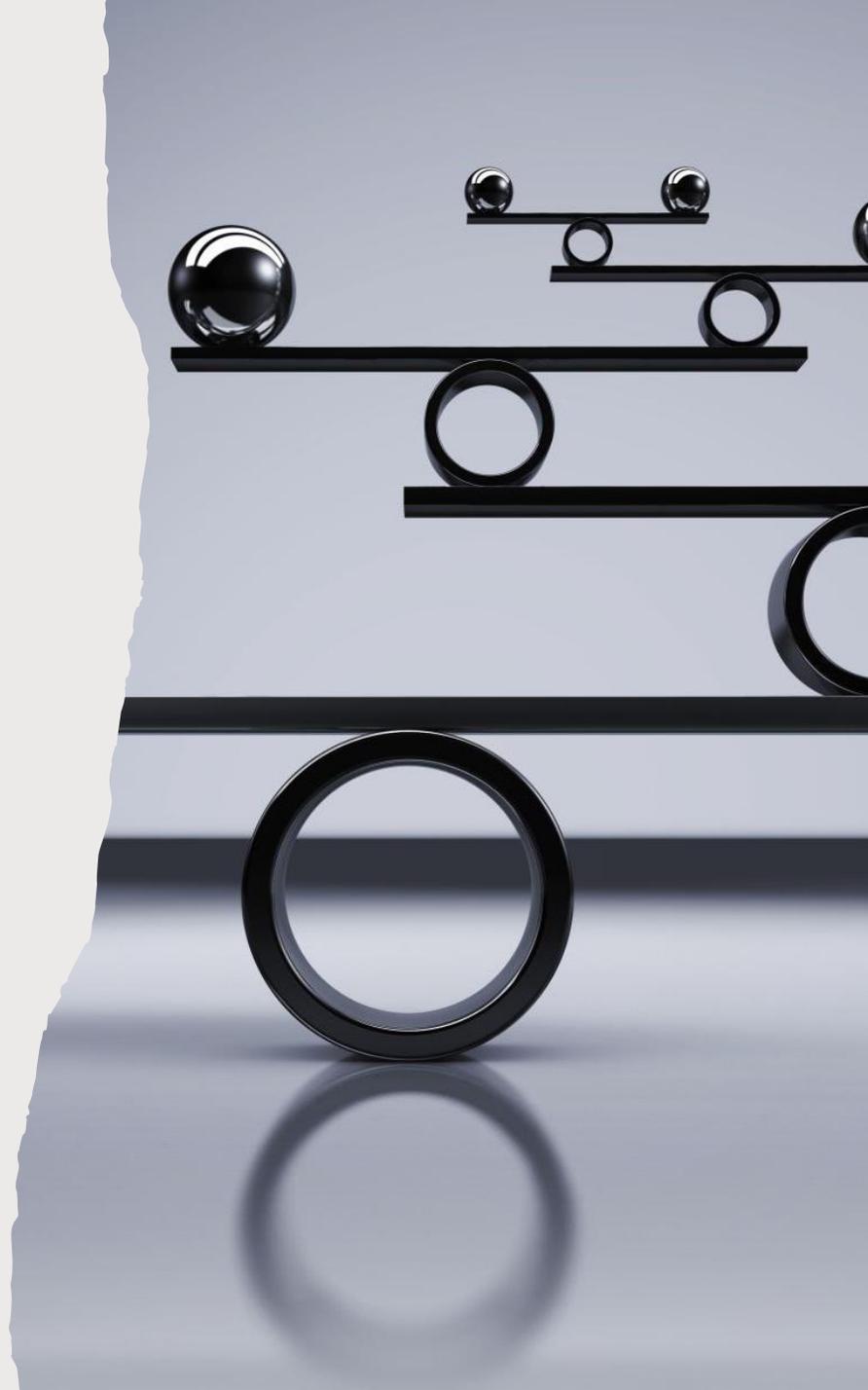
2) Mental Relapse.

- This is when your mind becomes ambivalent about using. During a mental relapse it is important to address the thoughts, or it will progress to physical relapse.
- Signs of mental relapse are: people, places and things, glamorizing (war stories), lying, hanging out with old using friends, fantasizing about using and contemplating relapsing.

3 Types of Relapse

3) Physical Relapse.

It is hard to stop the process of relapse at this point. Some danger signals to watch out for before a relapse occurs are: isolation, feeling bored or lonely, easily irritated, having doubts about recovery, impulsivity, over confidence, no balance in life, self-pity.



Do's and Don'ts

[Do's and Don'ts for Families and Relapse - Bing video](#)



What to Do When Someone Relapses

When someone close to you relapses, it is essential to provide support while also protecting yourself and your family. Here are some tips on what to do when someone relapses:

Talk About It

- Talk openly and honestly about their relapse with them. Ask questions, listen empathically, and encourage them to seek professional help if necessary.

Practice Self-Care

- Take care of yourself during this difficult time. Make sure to get plenty of rest, exercise, and eat a healthy diet. Seek a therapist if needed and take some time to do activities that make you happy.

Set Boundaries

- It is also essential to set boundaries with your loved one who has relapsed. Let them know that while you are supportive, their addiction cannot take precedence over other family obligations and responsibilities.

Know When to Seek Professional Help

- When needed, seek professional help for you or your loved one. There is no shame in seeking a therapist or attending an inpatient or outpatient program. This can be the best way to get back on track after a relapse.





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Session # 4

- Halt
- Detachment
- [5-Minute Self-Care Ideas: H.A. \(Hungry, Angry, Lonely, Tired\) - YouTube](#)

UNDERSTANDING YOUR TRIGGERS



HALT

SOBERNATION



H.A.L.T

- The very definition of halt means to ***stop***.
- This halt acronym is often used in addiction recovery to serve as a reminder to stop, take a minute and evaluate what people are feeling that could be triggering a craving or urge to use substances.



H.A.L.T

- Understanding thoughts and emotions will help the person to counteract an urge when it arises.
-
- The question to ask?: are you hungry, angry, lonely, or tired (HALT)?

The feelings of hunger, anger, loneliness or tired are often common triggers that could lead to relapse.



Hungry

- **Hunger** can be a physical or emotional need.
- Understanding the need to eat is relatively straightforward.
- However, we should remind ourselves not just to eat but to eat well.
- Meeting nutritional needs allows our bodies to operate to the highest potential and will keep us feeling better
- Everybody knows that you get more irritable when you're hungry
- If they are not able to think clearly, they could make poor decisions, which could then lead to relapse

Anger

- Anger can be an unpleasant and damaging emotion
- Like the amount of sleep you get, too much anger can negatively impact your life and make decision-making difficult.
- Anger becomes a problem when you have a hard time letting it go because it then seeps into other areas of your life
- Some healthy ways of coping with anger can include [stress management](#), spirituality, prayer and [meditation](#) — which can help improve emotional and cognitive control over the decision-making process





Lonely

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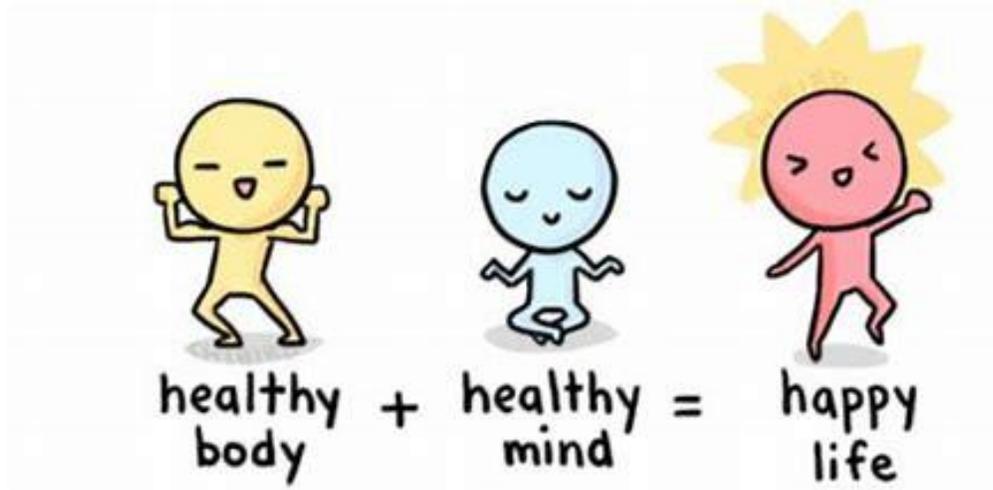
- **Lonely**, refers to isolating oneself.
- **Loneliness** can occur by ourselves or when surrounded by many people -Being alone is a self-imposed situation.
- We isolate ourselves when we don't feel like others can understand us, withdrawing into ourselves out of fear or doubt.
- Calling a friend or visiting a loved one might be just what you need.
- You can also simply go out in the world by taking a walk, running errands, or going to a coffee shop. Reach out and connect with others.

Tired

- ***Tired***, is the last of the four physical or emotional conditions.
- Solutions to a busy life can consist of: making sleep a priority, taking breaks at work, personal time to relax or taking vacations.
- Some people may have to speak to their doctor for more serious situations regarding sleep aids.
- It's important to maintain [good sleep hygiene](#) by attempting to go to bed on time and wake up around the same time every day.



H.A.L.T Summary



- [Monday Musings - HALT! Are you - hungry? angry? lonely? tired? Interinspect before you respond. – YouTube](#)

Detachment



- Detachment can best be described as a process of letting go.
- It allows you to release difficult situations and, sometimes, difficult people.
- By detaching from past experiences and future expectations, you can look at your relationships, both personal and professional, more objectively, which gives you greater clarity.
- You do not detach by getting angry or casting blame.
- Detachment is the absence of prejudice or bias



Healthy detachment

- Healthy detachment is the act of stepping back from a situation.
- Also, it is synonymous with focusing on the bigger problem at hand, rather than proving you are right.
- While it is hard not to take things personally, individuals must remember that both the addict and their family members' brains are on survival mode.
- Unfortunately, the behaviours individuals display during active-addiction create an unsafe mental environment for the family.
- However, healthy detachment allows families to repair the damage caused by substance use disorder.

Helping VS Enabling

Helping	Enabling
Setting Boundaries	Not enforcing the boundaries you've set
Let your loved ones manage their responsibilities	Taking over your loved one's responsibilities
Not allowing excuses	Making excuses
Don't be the solver/fixer	Offering to solve their problem
Express your feelings	Not expressing your feelings
Keep your emotions in check	Becoming angry or frustrated and giving in to the demands
Remember your self care	Not taking care of your self
Not giving Money	Giving Money
Don't engage in problematic behaviours	Letting their behaviour control you and giving in

How to Stop Enabling and Start Helping

1. Admit the enabling behavior.
2. Acknowledge that you can't do everything for or meet all the needs of your loved one.
3. Bring attention to the issues.
4. Teach your loved ones the skills they need to succeed or overcome adversities.
5. Provide information for them to access the resources they need.
6. Teach them problem-solving and coping skills.
7. Encourage them to seek treatment for mental illness or substance abuse.
8. Remove access to resources, e.g., money, to encourage financial independence.
9. Stop being afraid to say, "No."





-
- The point is to let **your able-bodied partner and adult children fend for themselves.**





Family Program Session 5

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Session # 5 Mental Health

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MENTAL HEALTH



SELF CARE



MEDITATION



Mental Health

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Mental Health

- [5 Steps to Wellbeing Animation - Bing video](#)

HERE'S NO LIMIT
TO YOUR
POTENTIAL ONCE
YOU ENGAGE A
POSITIVE ATTITUDE!



What is positive mental health?

Positive mental health includes:

- Feeling in control of your life and personal decisions
- Being able to cope with life's challenges and stresses
- Functioning well mentally, such as being able to focus while at work
- Being generally optimistic about life events
 - this means having hope that good things can, do and will happen in your life
- Feeling physically healthy
- Getting enough sleep

TAKE CARE



OF YOURSELF

Feeling in control of your life and personal decisions

Learning how to set and maintain appropriate boundaries is a very important skill. Make time for yourself.

Ask yourself:

- Are you looking after your own life and keeping a good balance with such things as work and volunteering
- Am I enjoying my life the way it is?
- Am I looking after my emotional and spiritual needs?
- Do I have hobbies that I enjoy?

Coping with life's challenges and stresses

- You may be focusing on your loved one's behaviour in order to avoid having to focus on living your own life – If so, ask yourself, “are you enabling?”
- Spending all your time focusing on your loved one may be helping to keep you busy and to fill up your life – But you are not taking care of your Mental Health.
 - Ask yourself the question “how would my life be better if I wasn't consumed by enabling my loved one?”.
 - Set your own Mental Health Goals - Discussion



Get restful sleep

- Sleep isn't just a nonnegotiable for physical health. It also plays an essential role in mental health.
- While what constitutes “rest” may vary from person to person, it generally means giving your mind and body the opportunity to unwind and restore.





Cut back on social media

- Constantly consuming information about other people's lives may cause someone to compare themselves and promote feelings of low self-worth, which increases feelings of anxiety and depression



Building Healthy Relationships That Work

Strengthen your relationships

Humans are social creatures, and strong relationships can have a positive influence on your mental health. Friendships, for example, can:

- ease feelings of loneliness
- make it easier to get emotional support
- add meaning to your life

Creating positive connections

- Keep in touch by checking in regularly, even with just a quick text or funny meme.
- Meet up for a morning walk or breakfast.
- Call for a short chat during your lunch break.
- Schedule biweekly or monthly dinner dates.

Yeah, I've tried that before.
Doesn't work.



Move your body

Exercise offers a range of mental health benefits, including:

- relieving stress
- lifting mood
- helping you fall asleep faster and sleep longer
- helping you manage symptoms of depression and anxiety conditions

Self Care

- “Self-care” means that you respect yourself enough to take good care of yourself in healthy and holistic ways
- Such as - making sure your physical, mental, emotional and spiritual needs are met.
- If you try to take care of someone else before taking care of yourself, you will simply become depleted and exhausted.
- “As an adult, it is your job to determine what your needs are, and you are the only one responsible for meeting them”.



Self Care



The best way to change behaviours such as enabling and people-pleasing, ***is to focus on your own life***



If your life seems empty in any areas such as career, relationships or self-care, ***begin to rebuild your life by exploring the kinds of things that might fulfill you.***



Rebuilding your life so that you feel a greater sense of happiness and self-fulfillment ***is your most important over-all responsibility. Enjoy!***

Meditation

- **Meditation** is considered a type of mind-body complementary medicine.
- **Meditation** can produce a deep state of relaxation and a tranquil mind.
- During **meditation**, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress





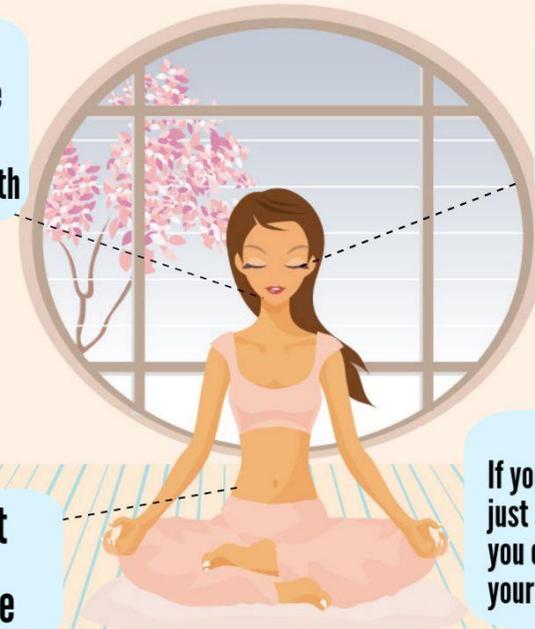
A Busy Mind

- [Headspace | Meditation | The Noting technique - YouTube](#)

How to Meditate

HOW TO MEDITATE

A SIMPLE GUIDE FOR BEGINNERS



Breathe in through your nose
Breathe out through your mouth

Close your eyes and mentally scan your body.
How are you feeling?

Sit straight and be comfortable

TIP:
If your mind wanders off just acknowledge it when you can and return back to your breath.

 all you need is 10 minutes every day!



Expat Family Health - keeping your family healthy abroad
www.expatsfamilyhealth.com



Meditation Techniques

There are several techniques suitable for beginners. A few of these include (Bertone, 2019):

- Breathing Meditations
- Mindfulness Meditations
- Focus Meditations
- Walking Meditations
- Progressive Muscle Relaxation Meditations



- Al-Anon
- 1-888-425-2666
- <https://al-anon.org>

- Al-Ateen
- 1-800-706-9833
- <https://al-anon.alateen.on.ca>

- Nar-Anon
- <https://www.nar-anon.org>

Resources

- If you have been waiting to see whether things would get better without professional help, please consider getting help now, before things become even worse.
- Where can you get help?
 - ✓ CAMH Al-ateen
 - ✓ Nar-anon Connex Ontario
 - ✓ Nar-ateen Al-anon
 - ✓ Your local R.A.A.M clinic 211.ca
 - ✓ De Novo Treatment Centre



Survey

- Please take a few minutes and fill out a brief survey about our family program.
- The survey link has been shared in the chat. Thank you!
- <https://forms.gle/oT9vZq3cckkbejC3M7>



References

- Loving an Addict, Loving Yourself-
Candace Plattor, M.A.
- Canadian Mental Health Association
(CMHA)
- American Psychological Association





Family Program