



How does meth affect your life?

Mindfulness

Mindfulness is about bringing your attention to the present and being in the moment rather than being caught up in your thoughts. We can be mindful of both our thoughts and feelings. Being mindful of our thoughts means being aware of them and recognising that they are not truths. Being mindful of our feelings means noticing our feelings and accepting them. Mindfulness is not about avoiding or getting rid of feelings or thoughts. It's about being able to live with your feelings and untangle yourself from your unhelpful thoughts. As you learn to do this, you may learn that some thoughts and feelings are easier to live with than you thought they were. Learning to live with disturbing thoughts and feelings means you will have less need to block them out by using meth.

Mindfulness of thoughts

We all have thoughts in which we put ourselves down. For example "I am not good enough." Most of us try to block out these thoughts, but they keep coming back. A mindful approach involves accepting that the thoughts will keep coming up, but creating distance from them. In this way, we become less entangled with the thoughts and are less likely to beat up on ourselves. The following activities may help you create distance from your thoughts.

Reframing your thoughts

Step 1

Take note of some of your thoughts and write them down.

Step 2

In front of the thought add the words "I am having the thought that..."

Notice what happens?

Now add the following words "I notice..."

Notice what happens?

Alcohol and Drug Support Line

The service is available 24/7 via phone
Phone: (08) 9442 5000
Country callers: 1800 198 024
Email: alcoholdrugsupport@mhc.wa.gov.au

Emergency

In an emergency call 000 for an ambulance immediately.



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Storyteller

You can create distance by identifying the theme/story of your thoughts and then naming the story. For example "here we go again – here is the 'life sucks' story."

Write down the names of your stories.

Taking your thoughts less seriously

Use humour to distance your thoughts. For example, "Thanks mind, how very informative."

Musical thoughts

If you are musical, another way to create distance with our thoughts is to sing the thought to a tune of any song you know.

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