



How does meth affect your life?

Grounding

Try some of the activities below when you are not very distressed to see what suits you, then practice them so you remember to do them when you are feeling overwhelmed.

Tick the strategies that help you feel calm:

- Name and look at five things that you can see.
- Name and smell five things that you can smell.
- Name and touch five things that you can touch.
- Name and listen to five things you can hear.
- Name and taste five things you can taste.
- Touch objects around you, say their names, and explore them using your five senses.
- Look at a painting on the wall and describe everything you can see in great detail.
- Look out the window and describe everything you can see outside in great detail.
- Describe an everyday activity in great detail, such as how you cook a particular meal.
- Make encouraging statements to yourself, such as: 'You can do this', 'just hang in there'.
- Think of a place where you have felt calm and peaceful. Remember everything about it, using all your senses.
- As you breathe, on the exhale say something calming such as 'relax', 'it's ok'.
- Rub hand cream slowly into your hands and forearms.

You may also have things you already do to calm yourself when you are feeling very distressed.

Add these to the list below:

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.