



Maggie's

COACHING TIP

Build Your Coping Toolkit

When alcohol feels like the easiest option, it helps to have other ways to cope that actually meet your needs.

More options. More choice. More control.



WHY IT MATTERS

Alcohol might give short-term relief, but it doesn't solve what's underneath.



Building a personal toolkit means you have healthier ways to cope, calm and feel better.

WHEN THE URGE HITS TRY THE 5 R PLAN

- R** **RECOGNISE**
Notice the urge.
- R** **RESPOND**
Don't react – pause.
- R** **REFLECT**
What am I feeling or needing?
- R** **REPLACE**
Choose a healthier coping strategy.
- R** **REVIEW**
How did that go?
What can I do next time?



MAGGIE'S COACHING TIP

Preparation is self-care.

The more tools you have,
the less power the urge has.

♡ Maggie



IDEAS FOR YOUR COPING TOOLKIT



MOVE YOUR BODY

Exercise, stretching, a walk, dancing or lifting weights can reduce stress and improve your mood.



BREATHE & PAUSE

Deep breathing, mindfulness or grounding exercises help calm your nervous system.



GET IT OUT

Write it down, talk it through or record a voice note. Getting thoughts out creates space.



REACH OUT

Connect with someone you trust. You don't have to carry it all alone.



DO SOMETHING YOU ENJOY

Music, hobbies, gaming, cooking – do more of what lights you up.



CARE FOR YOUR BODY

Good food, water, sleep and rest are powerful mood boosters.



FOCUS ON WHAT YOU CAN CONTROL

Set a small goal, take one step and build momentum.



WHAT THE PROFESSIONALS SAY

The World Health Organization (WHO) states that building healthy coping skills can reduce reliance on alcohol and improve mental wellbeing.

**Professional support is about understanding,
not blaming.**



*“When I accept myself just as I am,
I can begin to change.”*

– Carl R. Rogers



With love,
Maggie



Be kind to yourself. You're doing the best you can with what you know.

You don't have to do this alone.

