



Maggie's COACHING TIPS

Feel It to Heal It

You don't have to drink to deal.

Alcohol can help us numb uncomfortable feelings in the short term, but emotions don't disappear – they just get stored.

The more we feel, the freer we become.



WHY IT MATTERS

Avoiding emotions with alcohol might feel easier, but it can increase stress, anxiety and low mood in the long run.



Allowing yourself to feel emotions is a sign of strength, not weakness.

COMMON EMOTIONS WE TRY TO NUMB



Anger

Frustration, irritation, feeling misunderstood.



Sadness

Grief, disappointment, feeling low.



Anxiety

Worry, overthinking, feeling on edge.



Loneliness

Feeling disconnected or not good enough.



Overwhelm

Too much to handle, mentally exhausted.



Emptiness

Feeling flat, stuck or unmotivated.



HEALTHIER WAYS TO FEEL AND RELEASE



NOTICE AND NAME IT

Take a moment to identify what you're feeling. Naming it is the first step to managing it.



BREATHE THROUGH IT

Slow, deep breaths help your body feel safe so emotions can move through.



WRITE IT OUT

Journaling helps you get emotions out of your head and onto paper where you can make sense of them.



MOVE YOUR BODY

Exercise, stretching or even a brisk walk can release tension and boost your mood.



TALK IT OUT

Share how you feel with someone you trust. Connection reduces the intensity of hard emotions.



GET CREATIVE

Draw, paint, play music or create. Creativity gives your emotions a healthy outlet.



PRACTICE SELF-COMPASSION

Be kind to yourself. You're doing the best you can with what you have right now.



MAGGIE'S COACHING TIP

Courage isn't avoiding how you feel – it's sitting with it and trusting you'll get through.

♡ Maggie



WHAT THE PROFESSIONALS SAY

The World Health Organization (WHO) says that learning to recognise and manage emotions in healthy ways can improve mental wellbeing and reduce reliance on alcohol.

Professional support is about understanding, not blaming.



“When I accept myself just as I am, then I can 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.

