



*Even in your Darkest Hour,  
There is Always...*

Hope.

**A healthy lifestyle is the foundation of a successful recovery.**

**Are you...**

**getting adequate rest?**

Rest is essential to your physical and emotional health. When you are rested, you can think rationally and positively.

**eating properly?**

Skipping meals and/or consuming large amounts of sugar, caffeine, and alcohol can lead you to have mood swings and behave impulsively.

**monitoring your emotional health?**

Lasting depression, feelings of despair and self-destructive thoughts need to be addressed through appropriate support.

**living a balanced life?**

Leisure activities, fun, exercise, meditation, prayer, daily journaling, support groups, learning opportunities, and new challenges are ways you can improve your life.

**being honest with yourself and others?**

Honesty contributes to self-respect and earns respect from others; this, in turn, helps you deal with problems as they arise.

**taking responsibility for your choices and feelings?**

Irritability, arguing, and blaming others can sometimes be triggered by your desire to gamble or to use drugs.

**thinking rationally?**

Rational thinking can help you work through feelings of frustration, anger, and self-pity. Only then can you find healthy solutions.

**patient?**

Patience allows you to think before you act, to appreciate the process of your growth, and to respect others' needs. Easy does it!

**tolerant?**

Others may not be ready to change as quickly as you would like or in ways you would like. They may have different needs.

**grateful for the large and small gifts in your life?**

This can sometimes help when things seem overwhelming.

**aware of your vulnerabilities?**

We all have areas where we need support or emergency plans.

**maintaining a social network?**

Being part of a community gives you a sense of belonging, an identity, and a purpose.

**Contact us to make an appointment**

**Addiction Services**

Bathurst  
547-2086

Miramichi  
778-6111

Campbellton  
789-7055

Moncton  
856-2333

Edmundston  
735-2092

Saint John  
674-4300

Fredericton  
453-2132

Tracadie-Sheila  
394-3615

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**For confidential information, call**

**1-800-461-1234**

**[www.gnb.ca/health](http://www.gnb.ca/health)**