



Mastering Moods

This activity sheet contains a number of exercises and tips for you to use when ready. You are welcome to save and print these as a collection or simply print individual exercises as needed.

Emotional Triggers Activity

When you can identify what emotions trigger you to want to drink, you are more prepared to reach your goals with reducing drinking.

Let's take a look at your personal emotional (feeling) triggers below.

Consider these statements below and see if any of them apply to you:

- ☐ I am likely to drink when I've had an argument with someone (FRUSTRATION)
- ☐ I feel most like having a drink when I've had a hard day at work and I'm desperate to wind down (STRESS)
- ☐ I feel like drinking on the weekends when I'm at home on a Saturday night (LONELINESS)
- ☐ I am likely to drink more than I want to when I am at family events (ANXIETY/ BOREDOM)
- ☐ I am likely to drink a lot when I am out on the weekends, trying to meet people (ANXIETY)
- ☐ I often drink when I'm at home in the evening and not doing much (BOREDOM)
- ☐ I tend to drink when I'm feeling down and thinking about the past (SADNESS/ REGRET)

Which statements did you tick? Write down which emotions are your triggers at the moment

If you'd like to learn more about how to manage these triggering emotions, consider reading the 'Managing Urges' Information pack. In it, you can find information on different types of urges, and strategies to manage them.

Connect the dots

It can be helpful to connect some dots between how you feel and when you choose to drink. Knowing about what drives your drinking can give you better control over reducing your intake. You'll know what your challenging situations and experiences are, which gives you a starting point to make a plan.

Think about a recent experience when you had a drink and let's see what thoughts and emotions were going on for you.

What was the situation? Where were you? What was happening?

What made you decide you wanted to drink?

How were you feeling at the time you decided to drink? (select any that apply)

- ☐ Stressed
- ☐ Tired
- ☐ Lonely
- ☐ Upset
- ☐ Depressed
- ☐ Angry
- ☐ Hungry

How did you want to feel? (select any that apply)

- ☐ Relaxed

- ☐ Connected to others
- ☐ Happy
- ☐ Peaceful
- ☐ I wanted to stop a feeling (jot down below what feeling you wanted to stop):

Now that you know how you were feeling and thinking - consider if this is a pattern for you. Do you regularly feel (or think) this way when you want to drink?

- ☐ Yes
- ☐ No

Understanding My Drinking Cycle

It can be useful to know a bit more about what happens for you personally in your own drinking cycle. Everyone is different. Take a moment to reflect on a cycle that you may be caught up in (whether now, or something in the past). What does this look like?

What are some feelings that are coming up for you when it starts?

What are you thinking?

What do I end up thinking when something bad happens? (HINT: This is a belief you have that might be causing some difficulties for you in life)

Can you identify any parts along the cycle? What happens first? What are some situations you have found yourself in? What do you do next?

(NOTE: Sometimes chatting with a counsellor can help you get clearer about what is going on for you. Check out the service recommendations in your Personal Snapshot Report)

Positive Momentum Activity

The basic idea behind the positive cycle is that if you can start to make changes not just in how much you drink, but in how you think and feel, you are on your way to stopping the toxic cycle.

Jot down any thoughts you have about a positive cycle you could try.

What would be your first few steps?

If you started to make these changes, what are the positives you would begin to notice?

What feels like the best first step for you right now? Do you need extra support or do you feel okay to start making changes on your own?

More Movement

Check out the suggestions below of how you can start to get more movement in your life. It's just about getting your body moving, it doesn't have to be a session at the gym!

- ❑ Walk! Work your way up to 10,000 steps each day for general health. There are lots of apps and devices that can help you track your steps
- ❑ Find exercise opportunities in your day. Take the stairs, walk around when you are on the phone. Get off at an earlier bus or train stop
- ❑ Organise a regular walk with a friend. Involving others can keep your motivation up
- ❑ Join a sports team. Studies have shown that men who join competitive teams are more likely to meet their physical activity goals
- ❑ Do what you enjoy. If you like dancing, turn the music up and dance around your house for 20 minutes. If you like the outdoors, walk/cycle in a park
- ❑ Try new things or revisit doing old things. Try out a new class (dance, yoga). Or go back to some of the active things you enjoyed when you were younger (e.g. skating/rollerblading, swimming)

Pleasurable Activities

Sometimes we can forget about other activities that will help in the long-run with goals to reduce drinking. By doing things to improve your mood, you are much more likely to want to achieve your goals. Even if you don't currently feel like doing anything from the list below, we encourage you to try at least one out, as they can help you shift your mood.

Be mindful of how you are feeling when you choose an activity. If you are feeling overwhelmed, choose an activity that is soothing or relaxing. If you are feeling down and low energy, you might want to try activities that are more activating and energising.

Taking a class (e.g. cooking, improvisation, acting, art)	Going swimming	Going camping
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Listening to a podcast, radio show or audiobook	Getting a manicure or pedicure	Writing down a list of things I am grateful for
Watching funny videos on YouTube	Flipping through old photo albums	Maintaining a musical instrument (e.g. restringing guitar)
Spending time in nature	Upcycling or creatively reusing old items	Playing soccer
Sending a text message to a friend	Going sailing	Buying clothes
Stretching muscles	Going to see live stand-up comedy	Going to the botanic gardens
Painting my nails	Researching a topic of interest	Going to a scenic spot and enjoying the view
Going ice skating, roller skating/blading	Going to the beach	Going fishing
Going to the botanic gardens	Redecorating	Snuggling up with a soft blanket
Giving positive feedback about something (e.g. writing a letter or email about good service)	Volunteering for a cause I support	Teaching a special skill to someone else (e.g. knitting, woodworking, painting, language)
Feeding the birds	Smelling a flower	Going to a movie
Spending an evening with good friends	Opening the curtains and blinds to let light in	Playing cards
Making jams or preserves	Going to the zoo or aquarium	Maintaining an aquarium
Going out to dinner	Doing jigsaw puzzles	Playing Frisbee
Buying gifts	Donating old clothes or items to charity	Teaching a special skill to someone else (e.g. knitting, woodworking, painting, language)

Having a political discussion	Lying in the sun	Playing chess (with a friend or at a local club)
Repairing things around the house	Learning a magic trick	Going to a games arcade
Washing my car	Talking on the phone	Jumping on a trampoline
Watching TV, videos	Listening to a podcast, radio show or audiobook	Cooking a new recipe
Sending a loved one a card in the mail	Walking around my city and noticing architecture of buildings	Putting a vase of fresh flowers in my house
Baking something to share with others (e.g. family, neighbours, friends, work colleagues)	Doing arts and crafts	Participating in a protest I support
Taking a sauna, spa or a steam bath	Going to a quiz or trivia night	Going for a drive
Having a video call with someone who lives far away	Sketching, painting	Surfing, bodyboarding or stand up paddle boarding
Organising my wardrobe	Doing a DIY project (e.g. making homemade soap, making a mosaic)	Baking home-made bread
Playing musical instruments	Going horseback riding	Walking barefoot on soft grass
Going to the ballet or opera	Colouring in	Watching a movie marathon
Lighting scented candles, oils or incense	Sitting outside and listening to birds sing	Skipping/ jumping rope
Playing and cuddling pets	Going to a free public lecture	Being physically intimate with someone I want to be close to

Exercising	Travelling to national parks	Going to karaoke
Putting up a framed picture or artwork	Going to a fair or fete	Wearing an outfit that makes me feel good
Planning a holiday	Photography	Practice mindfulness
Cooking some meals to freeze for later	Putting moisturising cream on my face / body	Hobbies (stamp collecting, model building, etc.)
Riding a motorbike	Volunteering at an animal shelter	Talking to an older relative and asking them questions about their life
Playing volleyball	Re-watching a favourite movie	Doing something religious or spiritual (e.g. going to church, praying)
Going to the planetarium or observatory	Gardening	Seeing a movie at the drive-in or outdoor cinema
Birdwatching	Going bike riding	Making my bed with fresh sheets
Doing something spontaneously	Entering a competition	Lifting weights
Going on a picnic	Doing crossword puzzles	Early morning coffee and newspaper
Having a warm drink	Cooking a special meal	Planning a themed party (e.g. costume, murder mystery)
Massaging hand cream into my hands	Soaking in the bathtub	Wearing comfortable clothes
Going rock climbing	Having a treatment at a day spa (e.g. facial)	Decluttering
Laughing	Putting extra effort in to my appearance	Singing around the house

Washing my hair	Taking a free online class	Going on a ride at a theme park or fair
Playing tennis or badminton	Calligraphy	Arranging flowers
Clearing my email inbox	Playing golf	Going to the gym
Planting a terrarium	Doing a favour for someone	Working on my car or bicycle
Playing lawn games (e.g. bowls, croquet, bocce)	Building a bird house or feeder	Juggling or learning to juggle
Going to a party	Looking at pictures of beautiful scenery	Contacting an old school friend
Getting out of debt/paying debts	Having family get-togethers	Talking to or introducing myself to my neighbours
Seeing and/or showing photos	Listening to music	Holding hands
Going on a city tour	Learning a new language	Going to a free art exhibition
Taking children places	Going kayaking, canoeing or white-water rafting	Doing embroidery, cross stitching
Going whale watching	Planting vegetables or flowers	Browsing a hardware store
Putting on perfume or cologne	Doing Sudoku	Donating blood
Digging my toes in the sand	Walks on the riverfront/foreshore	Buying books
Hitting golf balls at a driving range	Shooting pool or playing billiards	Meditating
Reading magazines or newspapers	Getting an indoor plant	Training my pet to do a new trick

Calling a friend	Surfing the internet	Planning a day's activities
Sending a handwritten letter	Travelling abroad, interstate or within the state	Going on a hot air balloon ride
Going snorkelling	Going to a Bingo night	Organising my work space
Going hiking, bush walking	Playing ping pong / table tennis	Dangling my feet off a jetty
Reading a book	Buying an ice-cream from an ice-cream truck	Watching a funny TV show or movie
Writing (e.g. poems, articles, blog, books)	Going on a date	Dancing in the dark
Meeting new people	Having an indoor picnic	Writing a song or composing music
Doing 5 minutes of calm deep breathing	Taking my dog to the park	Taking a dance class
Buying new stationary	Sightseeing	Borrowing books from the library
Turning off electronic devices for an hour (e.g. computer, phone, TV)	Singing in the shower	Having a barbecue
Buying music (MP3s, CDs, records)	Browsing at a second hand book shop	Sewing
Going to a footy game (or rugby, soccer, basketball, etc.)	Refurbishing furniture	Writing a song or composing music
Going skiing	Exchanging emails, chatting on the internet	Watching planes take off/ land at the airport
Doing woodworking	Knitting/crocheting/quilting	Sitting at the beach or river and watching the movement of the water

Planning a nice surprise for someone else	Collecting things (coins, shells, etc.)	Watching fireworks
Playing video games	Playing cricket	Making home-made pizza
Holding a garage sale	Signing up for a fun run	Going to plays and concerts
Saying "I love you"	Scrapbooking	Buying fresh food at the market
Making a playlist of upbeat songs	Accepting an invitation	Building a sand castle
Playing laser tag or paintball	Cooking an international cuisine	Going bowling
Joining a community choir	Solving riddles	Going to museums, art galleries
Doing a nagging task (e.g. making a phone call, scheduling an appointment, replying to an email)	Scuba diving	Doing something nostalgic (e.g. eating a childhood treat, listening to music from a certain time in my life)
Taking a ferry ride	Watching home videos	Joining a club (e.g. film, book, sewing, etc.)
Shaping a bonsai plant	Pampering myself at home (e.g. putting on a face mask)	Having lunch with a friend
Reading comics	Watching my children play	Buying a meal from a food truck or hawkers market and eating outdoors
Having coffee at a cafe	Going to a community or school play	Operating a remote control car / plane
Trying new hairstyles	Taking a road trip	Hunting for a bargain at an op shop, garage sale or auction

Making jewellery	Watching a fireplace or campfire	Savouring a piece of chocolate
Reading poetry	Playing darts	Playing board games (e.g. Scrabble, Monopoly)
Getting/giving a massage	Going to a flea market	Harvesting home grown produce
Shooting hoops at the local basketball courts	Going to the hairdresser or barber	Giving someone a hug
Flying kites	Swimming with dolphins	Taking a holiday
Savouring a piece of fresh fruit	Picking flowers	Going to the beauty salon
Playing hockey	Eating something nourishing (e.g. chicken soup)	Buying myself something nice
Eating outside during my lunch break	Taking care of my plants	Playing squash
Going window shopping	Telling a joke	Watching boxing, wrestling
Making a pot of tea	Going to a public place and people watching	Giving someone a genuine compliment
Using special items (e.g. fine china, silver cutlery, jewelry, clothes, souvenir mugs)	Participating in a clean-up (e.g. picking up litter at the beach or park)	Practicing yoga, Pilates
Babysitting for someone	Buying new furniture	Walking around the block
Doing water aerobics	Playing mini golf	Making pottery, or taking a pottery class
Driving a Go Kart	Writing a positive comment on a website /blog	Practicing karate, judo

Watching kids play sport	Learning about my family tree	Boxing a punching bag
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Taking Care of your Emotions

There are some proven strategies that help soothe and take the edge off negative emotions. It is likely that you've used some of these in the past, or have used them with children or even pets. Now is your chance to take care of yourself.

Some common emotions people struggle with and that alcohol is helping to 'soothe' are things like stress, anxiety, loneliness, anger and frustration. These can sometimes accompany our day to day life, or come up in stressful and difficult situations (eg. after losing someone or having big changes in our lives).

The list below is an example of some strategies that can be used as alternatives to alcohol when those emotions are coming up. See which ones might be useful for you.

Sadness

- Get into comfortable clothes
- Have a warm bath
- Spend time with pets/ loved ones
- Make favourite meal
- Write it out
- Talk to someone
- Listen to uplifting music
- Baking

Anxiety

- Breathing exercises
- Go for a walk
- Talk it out
- Distraction - watch TV
- Colouring in
- Listen to calming music
- Mindfulness

Anger

- Go for a run
- Listen to loud music
- High intensity exercise
- Write it out
- Have a cold shower
- Talk to someone calming

Stress

- Stretching
- Vigorous exercise
- Listening to classical music
- Cold Shower
- Creating something
- Spending time with animals

Loneliness Listening to a podcast Watching comedy Time with pets Message friends to meet up Journalling Self Care	Frustration High intensity exercise Hot shower Writing it out Listening to loud music Deep Breathing
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If doing any of these exercises brings up tough stuff for you, please talk to a trusted family member, friend, GP or one of the services there to support you. You can find some of these contacts on our Get Help page. For additional support, we encourage you to follow the recommendations provided to you in your Personal Snapshot Report.