

Ten Strategies for Self Care
Ken Siegmann, M.A.
Marriage & Family Therapist
(916) 367-2105

Prioritize yourself: Make yourself and your well being the priority. Don't sacrifice your self-care strategies or activities for the addict/alcoholic.

Boundaries, boundaries, boundaries: Set clear, solid boundaries and stick to them.

Learn to say no: You'll help diminish intensity by speaking up for yourself. This means refusing additional requests or demands on your time or emotions.

Give up on the idea of control: You can't control other people, especially addicts. Let the addict or alcoholic have his/her life, even if you don't approve.

Stop over-nurturing: If you routinely take on other people's problems and responsibilities, learn to gracefully disengage. Try to get some nurturing for yourself.

Don't trust too soon: Always be aware of an addict/alcoholic's propensity for dishonesty.

Don't do everything alone! Develop or renew intimacies with friends and loved ones. Closeness not only brings new insights, but also is anathema to agitation and depression.

Build and maintain a support system: Taking care of yourself with an addict demands more energy and attention that you have by yourself - faith based group, Twelve Step Group:

Alanon – (916) 334-2970,
www.ncwsa.org/d6-10/

Nar-Anon (800) 627-6291,
<http://www.naranoncalifornia.org/norcal/meetings.htm>

Codependents Anonymous – (866) 794-9993
http://www.greatersaccoda.org/meetings/GSACC_Meetings.pdf

Replenish yourself: Go for walks, get exercise, get a massage, yoga, movies...

Take care of your body: Don't skip meals, disregard your need for sleep, or break the doctor appointments. Take care of yourself nutritionally. Stay hydrated.