

Quick Tips to reduce Stress & Craving

This page will contain useful information for patients suffering with addiction. It will also provide a blog for patients to add comments and useful ideas for others.

- Most addictions are acquired because they provide a marginal relief (Dopamine reward) to self-treat stress or boredom and then become compulsive.
- Because they quickly build from psychological cues and/or altered moods, emergency action is needed at the very onset of craving.
- Banning things e.g. diets have been found to make matters worse because this brings to mind the very thing you should not be thinking about.
- The rapid eye movement in healthy sleep may help sort out persistently troubling memories. So doing this deliberately while awake may also help.
- But delaying giving in to addictions, even for a few minutes, can buy time and stop relapse and is an effective way of preventing recurrent long binges.
- These binges become self-reinforcing compulsions i.e. the more you do it, the easier it is to do it next time. Fortunately the same applies to good habits.

Listed below are some ideas on what might work- please send me better suggestions you may have that we might test.

Cigarette Craving

- Quick Sweaty Exercise (See below)
- Then use Instant Yoga and or Home EDMR (See Below)
- If still craving apply a 24 hour nicotine patch
- If still craving take Valerian (10 grams immediately. If necessary Two hours later another 5 grams)

Alcohol Craving

- Quick Sweaty Exercise (See below)
- Then use Instant Yoga and or Home EDMR. (See Below)
- Baclofen 20mg immediately. If necessary Two hours later another 10mgs
- Valerian 10gms – 5gms to 2gms

Food Craving

- Quick Sweaty Exercise (See below)
- For Chocoholics allow a square of strong (70%+) pure chocolate- but keep this at the top of house so you need to climb the stairs to reach it.
- Then use Instant Yoga and or Home EDMR. (See Below)

- Drink a cup of instant Black coffee
- Then eat a diet chocolate one bar

General Slimming Advice

- Use a smaller plate for all meals
- But do not Diet or get over hungry
- Eat meals regularly. Never avoid breakfast
- Eat low fat dairy products like yoghurts
- Avoid tempting your appetite with colourful foods
- Eat food averaging 1 Calorie/Gram for most of your meals
- Take lean meat e.g. ham for breakfast to reduce craving
- Eat Soups at lunch
- Eat less Snacks. If you do snack make them low calorie.
- Move more e.g. always climb stairs
- Do regular sweaty exercise

Temper-control

- Quick Sweaty Exercise (See below)
- Then use Instant Yoga and or Home EDMR. (See Below)
- Punch a pillow twenty times

Boredom busting

- Quick Sweaty Exercise (See below)
- Then use Instant Yoga and or Home EDMR. (See Below)
- Listen to loud music

General Relaxation

Indian Head Massage

Download technique below (NB Giving and/or Receiving this will earn a Carecred)

Instant Yoga

1. Tell yourself sensibly, adult to adult, to keep calm.
2. Take a slow deep breath in through your nose counting up to ten at a normal rate.
3. Breathe out slowly through your nose counting up to ten again relaxing your shoulders.
4. Repeat steps 2 and 3 relaxing your jaw.
5. Blink hard. With your eyes shut recall your favorite peaceful place- its sounds, its perfume and its warmth. Finally imagine your present surroundings are turning into this place.

6. Repeat as required.

Quick sweaty exercise

1. Either immediately walk up and down a flight of stairs three times or
2. Do twenty step ups on a stool or box

Home EMDR for gradual treatment of Stressful thinking

1. Hold up both index fingers a foot away in front of your eyes.
2. Do not attempt to think away from what is worrying you
3. Gaze first at the left finger then quickly switch to the right
4. Switch back repeatedly thirty times then stop.
5. Repeat as required.