

RESILIENCY: FEELING 'BETTER' BUT ONLY GETTING WORSE

PART ONE: DRUG USE AND FALSE HOPE OF COPING



Coalition of Alcohol and Drug Educators

Dalgarno
INSTITUTE



“ ”

QUOTE OF THE
MOMENT



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**IN THE ANALGESIC
CULTURE, DRUGS MAY
MAKE US FEEL BETTER,
BUT WE ARE ONLY
GETTING WORSE!**

**CULTURAL
ANTHROPOLOGIST
DR K.J. SMITH**

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RESILIENCY: FEELING 'BETTER' BUT ONLY GETTING WORSE.

FEELING BETTER... BUT ONLY GETTING WORSE!

Wow, a more true statement could not have been made, and it's becoming more and more relevant. So what is an 'analgesic' culture? Basically it's a culture that believes that all pain is 'bad' and should be eliminated.

FEELING BETTER... BUT ONLY GETTING WORSE!

Sounds good, but there are so many things wrong with that focus, not least the fact that pain is really only a symptom, it actually is trying to get your attention that something isn't right.



FEELING BETTER... BUT ONLY GETTING WORSE!

If you simply 'eliminate' the symptom and don't address the cause, you are in very deep trouble!

Not only will the pain return, but you'll be doing more and more harm, but not addressing the cause!

FEELING BETTER... BUT ONLY GETTING WORSE!

As we've looked at previously, building resiliency in every area of our lives is not just responding to a problem, but building capacity so that some problems don't ever return, or if they do, they don't impact us as severely.



FEELING BETTER... BUT ONLY GETTING WORSE!

Remember, Drug use only diminishes your ‘bungee rope’ of resiliency, and has no part in a healthy Resiliency Script – *it won’t help you cope or give you hope* – not in the long run, and only very limited *false hope* in the short term!

STRESSED, ANXIOUS AND WORRIED?

HEY MAN, TRY SOME WEED, OR POP THIS, OR...! IT'LL HELP... PROMISE!

Have you, or someone you know, ever been presented with a pitch like that? Sadly it is happening more. The scary thing is, it's not some creepy stranger trying 'hook you', most times it's someone around your own age, and someone you may think is okay, for whatever reason! Sometimes that's one of the toughest pitches to resist.

STRESSED, ANXIOUS AND WORRIED?

HEY MAN, TRY SOME WEED, OR POP THIS, OR...! IT'LL HELP... PROMISE!

Our scientific advancements in medicine have been fantastic, but it's really important to note that most are not about 'fixing you', they are about helping you get 'fixed'!

STRESSED, ANXIOUS AND WORRIED?

HEY MAN, TRY SOME WEED, OR POP THIS, OR...! IT'LL HELP... PROMISE!

When your body or your brain or your psyche are not working quite right, we get messed up. We get sick, feel pain and/or our system doesn't work right. We now know from the science that stress, anxiety and depression can really have an impact on you physically too.

STRESSED, ANXIOUS AND WORRIED?

HEY MAN, TRY SOME WEED, OR POP THIS, OR...! IT'LL HELP... PROMISE!

So, both managing and overcoming these requires much more than a 'pill'. Whilst properly approved and medically prescribed pharmaceuticals can assist, getting well requires a more holistic approach.

**TAKE 2: STRESSED, ANXIOUS AND WORRIED? HEY MAN,
TRY SOME WEED, OR POP THIS! IT'LL HELP"**

NO IT WON'T!

I'm stressed! I'm anxious! I get it! That's my world way too often!

It's a growing phenomenon, but why is that?

If we get caught in the loop of worry and stress it can really knock us about... then we can start labelling ourselves, because the pop-culture is pushing us.

**TAKE 2: STRESSED, ANXIOUS AND WORRIED? HEY MAN,
TRY SOME WEED, OR POP THIS! IT'LL HELP"**

NO IT WON'T!

Instead of saying I'm having a tough time with being anxious or stressed or sadness, or anger, we make statements like "I have a mental health problem!".

Firstly, unless you're a fully qualified mental health clinician, you cannot make that call. Self-diagnosis isn't helpful.

**TAKE 2: STRESSED, ANXIOUS AND WORRIED? HEY MAN,
TRY SOME WEED, OR POP THIS! IT'LL HELP"
NO IT WON'T!**

Secondly, experiencing an event, a moment or season, doesn't determine your state as a person. We have to be careful of jumping into disempowering modes.

Of course, just like the old Panadol advert used to say... "if pain persists, see your doctor". If your emotional distress continues to grow, by all means seek professional help.

**TAKE 2: STRESSED, ANXIOUS AND WORRIED? HEY MAN,
TRY SOME WEED, OR POP THIS! IT'LL HELP"**

NO IT WON'T!

However, before we go there, we have to remember we are building our Resiliency Script our Bungee Rope, that can not only help us manage times of trauma, stress, duress and difficulty better, but we grow stronger and are able to overcome those issues as we grow.

**TAKE 2: STRESSED, ANXIOUS AND WORRIED? HEY MAN,
TRY SOME WEED, OR POP THIS! IT'LL HELP"**

NO IT WON'T!

ONE THING that will not only short cut your ability to strengthen your resiliency, at this stage of our life, but rather actively undermine your ability to cope and grow, will be alcohol and other drug use (Talk on WEED, DOWNERS, PAIN PILLS, ALCOHOL – slowing down brain function) Hallucinagens like shrooms and LSD mess with brain components and ATS (Ampethamine Type Stimulants) like pingers and meth stuff up your neurotransmitters big time and dump your 'tanks' of 'feel good' chemicals in one hit and at the very least leave you feeling like rubbish for ages.

FOR MORE: www.nobrainier.org.au



CONVERSATION STARTER



1) We know that drug use brings 'trauma' to your biological resilience, it weakens it. So, using the RECIPE model, what other factors in your life right now are

a) undermining your resiliency, detracting from best health and well-being and why do you think that?

b) are building your resiliency and adding to a stronger, smarter, healthier and safer you?

2) What changes can you make?

3) Do you need help to make those changes?

Discuss

RESILIENCY: FEELING 'BETTER' BUT ONLY GETTING WORSE.

TENDENCIES OF THE MIND

In 2005, the National Science Foundation published an article summarizing research on human thoughts per day. It was found that the average person has about 12,000 to 60,000 thoughts per day. Of those thousands of thoughts, 80% were negative, and 95% were exactly the same repetitive thoughts as the day before.

<https://tlexinstitute.com/how-to-effortlessly-have-more-positive-thoughts/>



TENDENCIES OF THE MIND

We can see that one of the tendencies of the mind is to focus on the negative and ‘play the same songs’ over and over again.¹

That’s why we need the third component of our Bungee Rope, which is Hope... Remember it is not only the positive expectation of good by the reasonable grounds for it. We are constantly building our resiliency script to develop our persistence of will and problem solving ability our solid ‘because’s’ for a positive outlook.

1.<https://tlexinstitute.com/how-to-effortlessly-have-more-positive-thoughts/>