



Cultivating Mindfulness: Understanding addiction & navigating substance use with awareness

“The opposite of addiction is connection.”

- Johann Hari

MINDFUL DRINKING (R.A.T.E.)

REPLACING: Replace alcoholic drinks

- Propping—using a non-alcoholic drink that mimics alcohol

AVOIDING: Avoid certain scenarios where you either feel compelled or are even pushed into drinking alcohol.

TEMPERING: Switching between no- and low-alcohol drinks or opting for low-alcohol options.

- Consider factors like ABV, volume, and the drinking scenario. Plan your night by outlining what you intend to drink.

ELICIT HELP: Get help by coordinating plans with a friend or using a mindful drinking app.

WELLNESS/MINDFULNESS SKILLS

- ⇒ Find/create healthy playmates, playgrounds, and/or playthings
- ⇒ Contribute to feelings of safety and calm within yourself
- ⇒ Notice your triggers to distress (HALT – hungry, angry, lonely, tired)
- ⇒ Give yourself options – engagement in playful activities can help reduce stress and promote relaxation
- ⇒ Use habit apps like Streaks, Way of Life, Habitify, etc.
- ⇒ Use mindfulness apps like Mindshift, Calm, Finch, & Exhale.
- ⇒ Use wellness apps: You@Parkland & Talk Campus
- ⇒ Use RATE acronym to strategize & moderate substance use
- ⇒ Seek counseling and/or specialized addiction treatment when daily living (relationships, work, school, etc.) becomes significantly impaired by substance use.

“All the suffering, stress, and addiction comes from not realizing you already are what you are looking for.” - Jon Kabat-Zinn

SUBSTANCE USE TREATMENT RESOURCES

- ⇒ Illinois helpline: (833)234-6342
- ⇒ Prevention & Treatment Services (PATS): (217) 954-1128
- ⇒ Recovery Concepts Urbana: (708) 335-1155
- ⇒ Rosecrance on Moreland: (888) 928-5278
- ⇒ The Pavilion Behavioral Health System: (800) 373-1700
- ⇒ SAMHSA Substance Abuse & Mental Health Services Administration: <https://www.samhsa.gov/>

References

- Brown, D. (2025, February 10). Dear stress drinkers. Substack. <https://positivedamage.substack.com/p/dear-stress-drinkers>
- Brown, D. Sipping with intention: The mindful drinking guide. Nasm.org. <https://blog.nasm.org/sipping-with-intention-the-mindful-drinking-guide#:~:text=In%20my%20course%2C%20I%20tried,help%20you%20along%20the%20way>
- Fisher, J. (2000). Addictions and trauma recovery. International Society for the Study of Dissociation.
- Hari, J. (2015, June). Everything you know about addiction is wrong [Video]. TED Conferences. https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong

