

BIOLOGY OF ADDICTION

How Addiction Hijacks the Brain

Short-Term

- ❖ Pressure Surge
- ❖ Cravings
- ❖ Memory Triggers

Long-Term

- ❖ Tolerance
- ❖ Withdrawal
- ❖ Cognitive Decline



**Withdrawal Management
(Home Detox) Community
Paramedic Support**

(306) 975-8803
[Saskatoon | Medavie West](#)

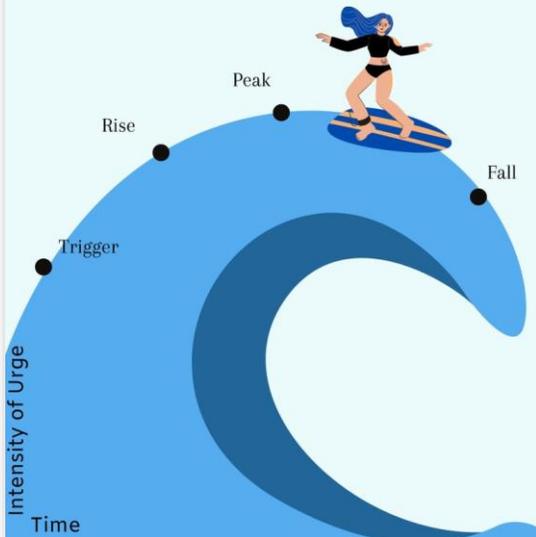


COPING TOOLBOX

Strategies

URGE SURFING

A mental technique to experience and observe urges and feelings without acting on them



Urge Surfing

Peer Support

Distraction

Breathing Exercises

Light Exercise & Healthy Meals

Routine

ALL THE BASICS

DAREBEE
WORKOUT
© darebee.com
30 seconds rest
between exercises



10 lunges
5 sets in total
30 second rest



10 squats
5 sets in total
30 second rest



10 sit-ups
5 sets in total
30 second rest



10 push-ups
5 sets in total
30 second rest



10 back extensions
5 sets in total
30 second rest