

Drugs are Not the Answer

MCC Medical Patient Education Module

Drugs are not the answer to life's problems - In fact, they make things worse. You can't beat nature.

Using drugs and alcohol are not the answers to your problems. They might make you feel better for a while but sooner or later you will have to face your fears and anxieties. Many people learn the hard way that drugs and alcohol will only make your problems worse. Here are several reasons why drugs and alcohol are not the answers to your problems. In addition, here are some techniques on how to overcome your fears.

They are dangerous to your health. People die from using drugs and abusing alcohol. They do nothing for your short term or long-term health. Regardless of what you think, drugs and alcohol do nothing but add more problems.

Avoiding your fears and your problems are not the answers. Eventually, you will have no choice but to confront your fears and stresses. Save yourself the time and heartache and confront your problems now rather than later. Don't put off what you can do today.

When you decide to face your fears, you will begin to learn how to manage your fears. As time goes on, you will become better in dealing with your anxieties. With some patience, it will only be a matter of time before you find the answers to your problems.

A sure way to overcoming your fears and anxieties is in finding the source of your fears and being able to manage it. In dealing with any kinds of fears or anxieties, try to learn what is the real source of your fears and anxieties. Knowing what is causing your anxieties can go a long way in finding the solution.

A person can find the source of his or her own fears by doing some self-evaluation and also by talking to a professional. Asking yourself questions such as: "Why am I afraid" or "What is causing my anxiety" will lead you in the right direction in finding the source of your fears. Give it some time and eventually you will find the answers you are looking for.

Once you find the true source of your fears, the next step is to find the solutions that will solve your problem.

Instead of abusing drugs and alcohol, learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Be smart in how you deal with your fears and anxieties instead of using drugs and alcohol to solve your problems. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Drugs and alcohol can make your problems even worse. They only add more trouble and make things more complicated. Dealing with your fears is difficult enough. Why would you want to add more problems to what is already there? Don't make the problem worse by abusing drugs and alcohol. It will be easier to deal in the long run.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.

Remember; drugs and alcohol are not the answers to your problems. All the worrying in the world will not change anything. All you can do is to do your best each day, hope for the best, and when something does happen, take it in stride. If you still have trouble managing your anxiety of the future, then talking to a counselor or clergyman can be of great help. There are ways to help manage your fear and all it takes is some effort to find those answers.