Getting through a hard day

You can have a difficult day and still be moving forward

Start where you are

Feeling overwhelmed does not erase your progress. You do not have to solve every problem today. Start with what will help you feel safer and more supported in the next hour.

Bring the pressure down

Sit somewhere you feel safe. Notice your feet on the floor and a few things you can see or hear. If a grounding exercise feels uncomfortable, stop and choose another activity. Food, water, a shower or quiet company may help.

Separate a feeling from a judgement

"I feel ashamed" is different from "I am a failure." Try speaking to yourself as you would speak to someone you care about: "This is hard. I can ask for help. I can take one useful step."

Reach out with a simple message

You do not need a perfect explanation. Try: "Today is a hard day and I am struggling. Can we talk?" If you feel unsafe or are thinking about harming yourself, use the urgent support contacts below.

Before you change your drinking

If you drink heavily or regularly, need alcohol to feel steady, or have had withdrawal before, speak with a doctor before stopping or sharply reducing. Alcohol withdrawal can be life-threatening. Shaking, sweating or feeling unwell after cutting down needs prompt medical advice. Call 000 for seizures, severe confusion or hallucinations.

Australia: Alcohol and Other Drug Hotline 1800 250 015 (free, confidential advice). Lifeline 13 11 14 (24/7 crisis support). Call 000 if there is immediate danger or a medical emergency.

Make it personal

Write a few words. You can leave questions blank or talk them through with someone.

Right now I am feeling...

What I need in the next hour...

One thing I can put down or postpone today...

A kind and believable thing I can say to myself...

Who I will contact and my next small action...

You do not have to do this alone.

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Safety and support sources: healthdirect.gov.au/alcoholism; adf.org.au/insights/safely-withdrawing-alcohol/; lifeline.org.au/131114; medicarementalhealth.gov.au/provider/national-alcohol-and-other-drug-hotline-16469. Checked 1 October 2026.