

## Understanding Why We May Use Substances

After a fast-paced shift, unwinding with a drink can serve two purposes:

1. **Stress relief:** Helps you relax after a demanding day.
2. **Social connection:** A chance to bond with colleagues who “get it.”

## Recognizing Signs of Overuse

- Impact on job performance: more mistakes, tardiness
- Strain on relationships: conflicts, isolation
- Physical and mental effects: feeling fatigued, mood swings

## Exploring Substance-Free Ways to Unwind

There are plenty of enjoyable ways to relax after work without substances:

- Alcohol-free drinks like mocktails
- Fun activities like bowling, movie nights, or a trivia game
- Physical activities such as a yoga class, hike, or dance night

## Building a Balanced Approach

Enjoying time after work is important. With a balanced approach, you can unwind in a way that supports your well-being and keeps your work performance on point!

## Practicing Responsible Use

Set healthy boundaries to keep use in check:

- After-shift only: Keep substance use for after work.
- Know your limits: Find a comfortable amount that helps you unwind without affecting your work or life.

## Additional Resources

**Crisis Lines:** 1-800-784-2433 or 9-8-8

**Mental Health Support Line:** 310-6789

**Drug and Alcohol Info and Referral:** 1-800-663-1441

**Mental Health Services:** [helpstartshere.gov.bc.ca](http://helpstartshere.gov.bc.ca)

**Mental Health Information:** [heretohelp.bc.ca](http://heretohelp.bc.ca)

**Free Wellness Program:** [bouncebackbc.ca](http://bouncebackbc.ca)