

Drug Free Adams County

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Drug Free

Adams County
Rays of Hope for a Better Tomorrow

Let's Get Radical

Sometimes in life we find ourselves in situations we can't change. These instances can impact our mental health, and some individuals may turn to alcohol and/or drugs to cope with the resulting stress. According to Mental Health America, practicing "radical acceptance" can help—it helps you own your feelings and accept what is happening, which gives the problem less power over you.

Fast Facts

- Practicing radical acceptance has been shown to reduce feelings of shame, guilt, and anxiety.
- Radical acceptance can reduce distress in dealing with negative thoughts or events.



Tips for Success

- Notice when you're fighting accepting reality.
- Remind yourself that you can't change what has already happened.
- Embrace your feelings.
- Pretend you're already accepting reality.
- Use coping statements.
- Know it takes practice.
- Give yourself grace.
- Ask for help.

**For more information, please visit our website:
www.DrugFreeAdamsCounty.org**