

***Breathe Better, Think Better, Live Better***

Mental Health Awareness Month- May 2024

Mental Health Awareness Week- 13th -19th May 2024

# ***Overcoming***

## ***Addictions-Stratergies for Drug, Alcohol & Smoking cessation***

**Community Live Workshop  
16th May 2024**



Visit Our Website  
**[www.tele-therapies.org](http://www.tele-therapies.org)**



# Founder & Director of Tele-Therapies LTD

As a Specialist in Respiratory Practice & Integrative Psychotherapy, I've dedicated over two decades myself to supporting individuals with chronic respiratory diseases and mental health challenges across various settings including hospitals, clinics, primary care, and universities. My expertise extends to publishing few researchs and books on topics such as improving breathing, enhancing sleep quality, and unlocking confidence and resilience through practical toolkits. My mission is centered on empowering individuals with the necessary tools to unlock their inner potential and lead fulfilling and happier lives.

Today, as both a speaker and facilitator of this session, I aim to empower participants with practical strategies and tools to overcome addiction to alcohol, smoking, and drugs. The workshop will cover how your brain and body role in addiction, what to expect during recovery, techniques to manage cravings, coping mechanisms for withdrawal symptoms, and tools to boost emotional resilience and strength.

# Agenda Overview



- ✓ **Global & UK- Burden of Addiction**
- ✓ **Understanding Addiction- Brain & Body**
- ✓ **Conquer Cravings & Urges**
- ✓ **Manage withdrawal Symptoms**
- ✓ **Tools- Emotional resilience & Strength**

# Team Check-In



## Emotional Scale

Neutral (0): Feeling calm, composed, and without strong emotional fluctuations.

Slight (1-2): . Feeling mildly content, peaceful, or mildly anxious or sad.

Mild (3-4): Feeling moderately content, peaceful, or mildly anxious, sad, or stressed.

Moderate (5-6): Feeling moderately joyful, grateful, or hopeful, or moderately anxious, sad, or stressed.

Strong (7-8) Feeling strongly joyful, grateful, or hopeful, or strongly anxious, sad, or stressed.

Very Strong (9-10): Feeling extremely joyful, grateful, or hopeful, or extremely anxious, sad, or stressed.



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# Ice breaker- Warm-UP

45 secs



**If you could have any superpower, what would it be and why?**

45 secs



**What's the most interesting thing you've ever done or experienced?**

45 sec



**What's your favorite thing about where you live?**



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# Burden Of Addiction

## Global

In 2016, mental and addictive disorders affected more than 1 billion people globally.

7% of the global burden of disease, as measured in DALYs (Disability-Adjusted Life Years)-Majorly depression

35 million people suffer from drugs use disorder

Alcohol is a causal factor in more than 200 disease and injury conditions worldwide.

Approximately 3 million deaths due to alcohol.

One in seven (15.2%) adults smoke tobacco world wide and burden of disease.

## UK

2.8 million people in England suffer from drug use disorder- opiate use is largest substance followed by alcohol.

2020-3000 people died due to drug misuse, 4500 due to drug poisoning.

14.1% of people aged 18 and above smoked cigarettes, representing around 6.9 million people

Public Health England (2016) estimates Addiction- £3.5 billion alcohol alone annually

Overall impact- illegal drug use England-£20 billion annually, alcohol use £25 billion annually

UK businesses loss - £7.3 billion annually lost productivity cost £27,213 per employee per year small - medium business

Crimes committed by addicts costing over £9.3 billion per year.

Robberies and domestic burglaries estimated to be 27% of total crime

# ***What is Addiction?***

**A chronic disease characterized by obsession and compulsive behaviour patterns.**

**Complex & Chronic neuropsychological disorder**

**Persistent and intense urge to use a drug or engage in a behaviour that produces natural reward, despite substantial harm and other negative consequences**

**Addiction impacts brain function and behavior.**



# Types of Addiction



## Substance Use Disorder (SUDs)

DSM-5- Substance Use Disorder -Alcohol, caffeine, cannabina, opioids, stimulants and tobacco

Substance induced disorder- intoxication, withdrawal, other substance /medication induced mental disorders

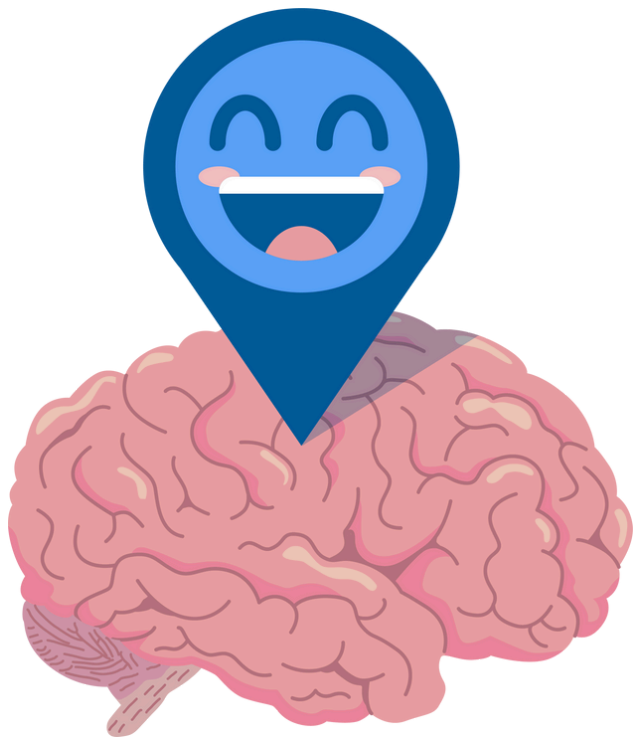


## Behavioural

Compulsive gambling, internet gaming disorder, excessive use of social media, work, shopping, sex etc,

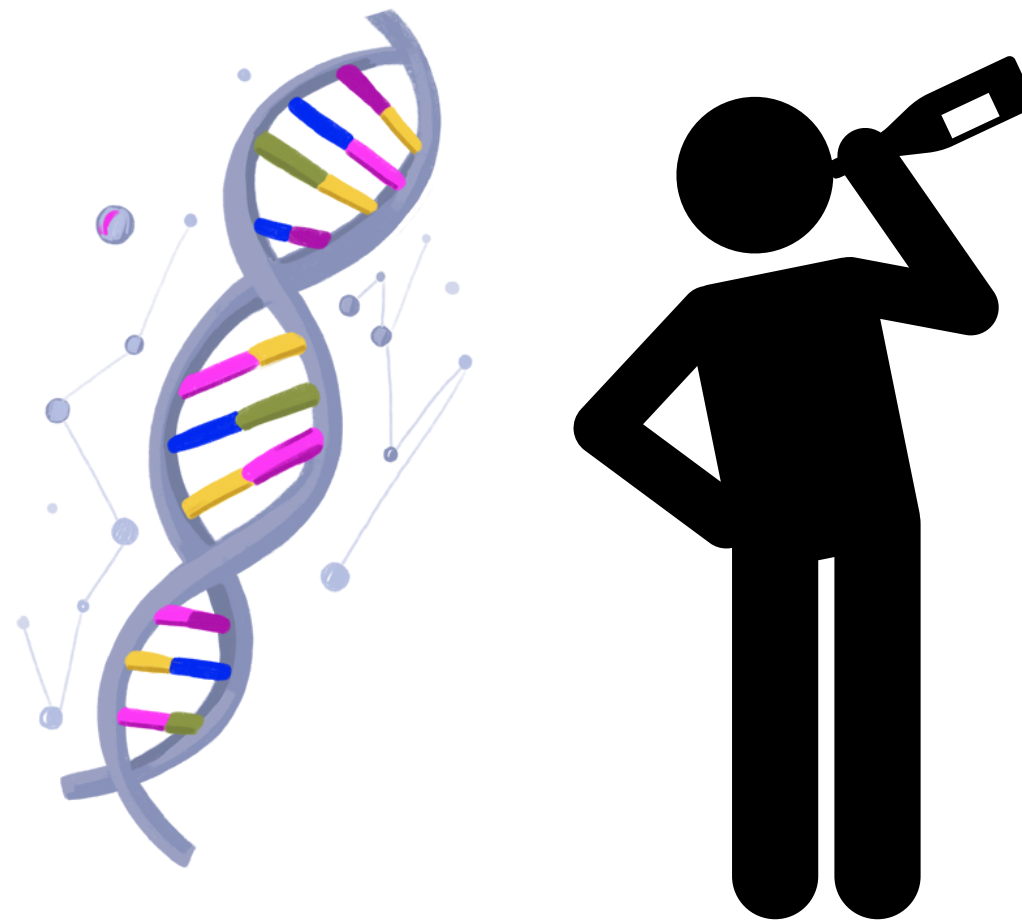
# Why you do What you do?

## Neurochemical effects



**Alter brain chemistry, creating pleasurable feelings and cravings.**

## Genetic & Environment



**Being around others with addictions**

## Behavioural Coping



**way to cope with stress, emotional pressure, or difficult issues.**

# ***Effects of Addiction***

## ***Impaired Physical & mental well-being***



## ***Strained Personal & Work Relationship***



## ***Withdrawal Symptoms***

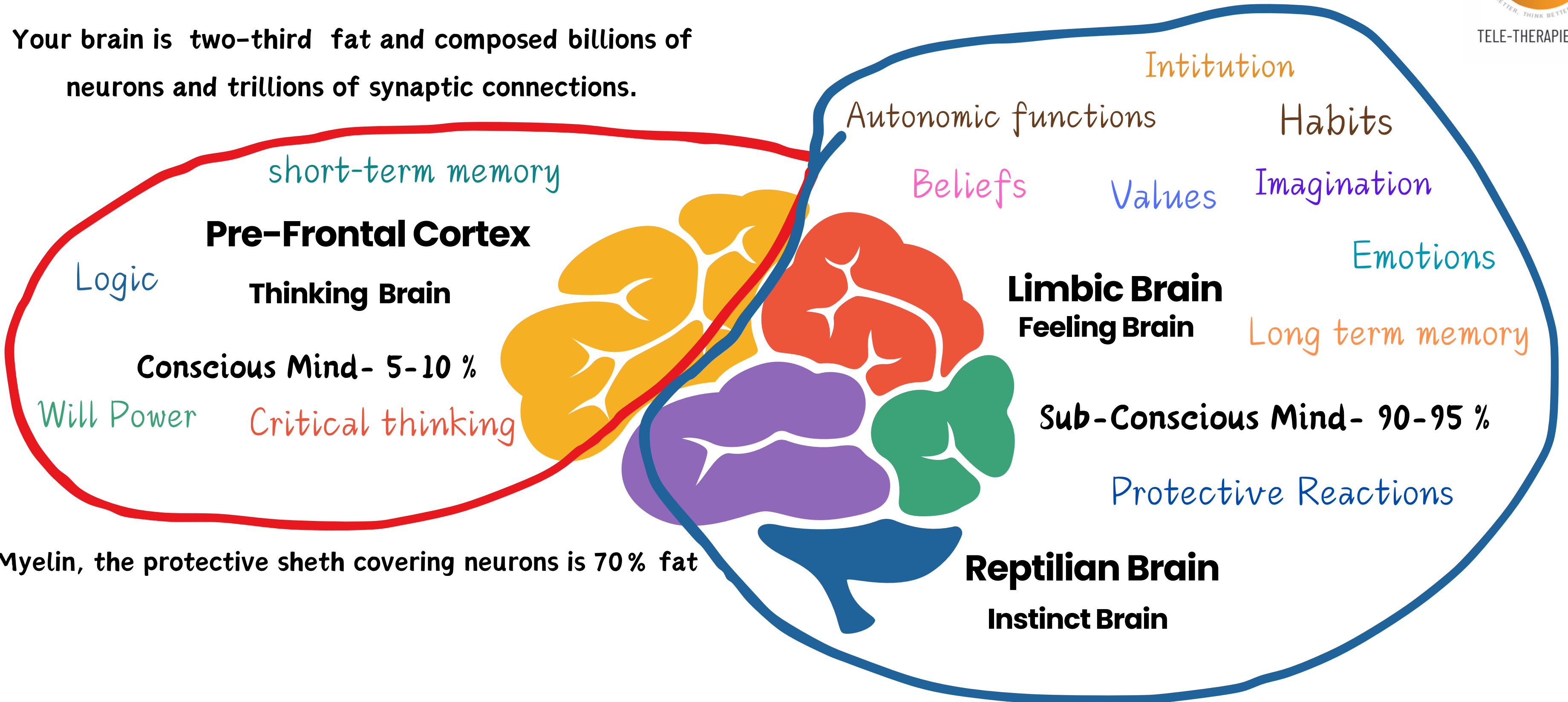


# Know Your Brain Power



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Your brain is two-third fat and composed billions of neurons and trillions of synaptic connections.



Myelin, the protective sheth covering neurons is 70 % fat

# Addiction & Brain Activity



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## Reward Pathway & Dopamine

When someone tries a drug/alcohol/smoking

**Activates- Choice**

short-term memory

### Pre-Frontal Cortex

Logic

Thinking Brain

Conscious Mind- 5-10 %

Will Power

Critical thinking

Autonomic functions

Habits

Beliefs

Values

Imagination

Emotions

### Limbic Brain

Feeling Brain

Long term memory

Sub-Conscious Mind- 90-95 %

Protective Reactions

### Reptilian Brain

Instinct Brain

Once consumed, the drug stimulates the nucleus accumbens, releasing a surge of dopamine—often called "the pleasure molecule."

Nucleus Accumbens-the neural interface between motivation and action, playing a key role on feeding, sexual, reward, stress-related, drug self-administration behaviors, etc.

# Your "Brain" is "Hacked"

Wiring Changes

**Nucleus Accumbens (NA) overactive**

short-term memory

**Pre-Frontal Cortex**

**Thinking Brain**

**Conscious Mind - 5-10 %**

Logic

Will Power

Critical thinking

Weakens connectivity - Prefrontal cortex & NA

Impaired judgment, decision-making, and impulse control—  
hallmarks of addiction

Autonomic functions

Beliefs

Values

Imagination

Intuition

Habits

Emotions

Long term memory

**Limbic Brain**

**Feeling Brain**

**Sub-Conscious Mind - 90-95 %**

Protective Reactions

**Reptilian Brain**

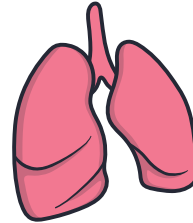
**Instinct Brain**

# Physical Consequences

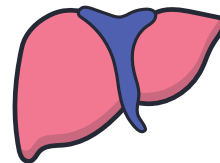


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Shallo breathing & elevates  
temperature, Lung Cancer



Fatty Liver, alcoholic  
hepatitis. Fibrosis,  
Cancer



dysregulation of insulin



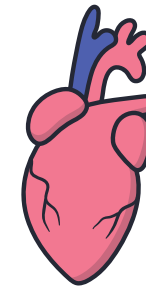
Irritable bowel syndrome(IBS), Colon Cancer



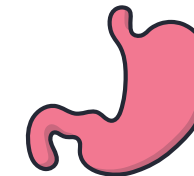
Sleep Disruption– Insomnia, drowsiness,  
decreased co-ordination, slurred speech,  
impaired judgement, motivation and learning  
skills, mood & behaviour



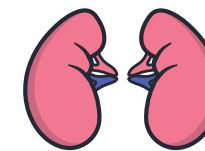
Cardiomyopathy, arrhythmias, High BP



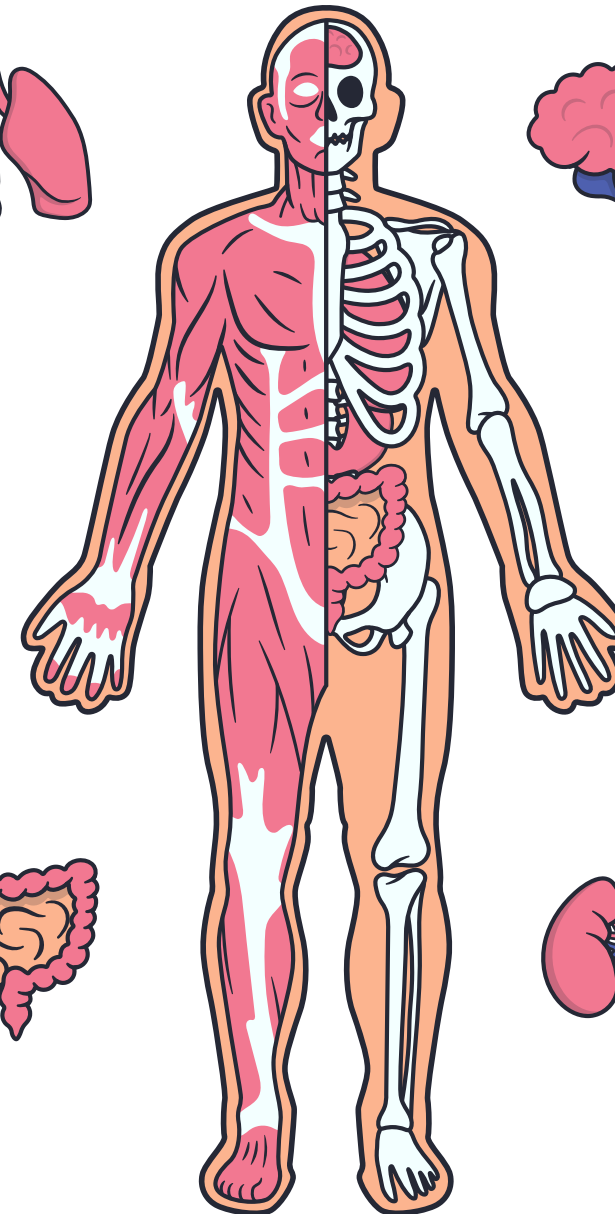
Esophageal cancer, Gastroesophageal  
reflux,etc



Kidney Failure



Skin–premature aging, Erectile  
dysfunction, oral decay etc

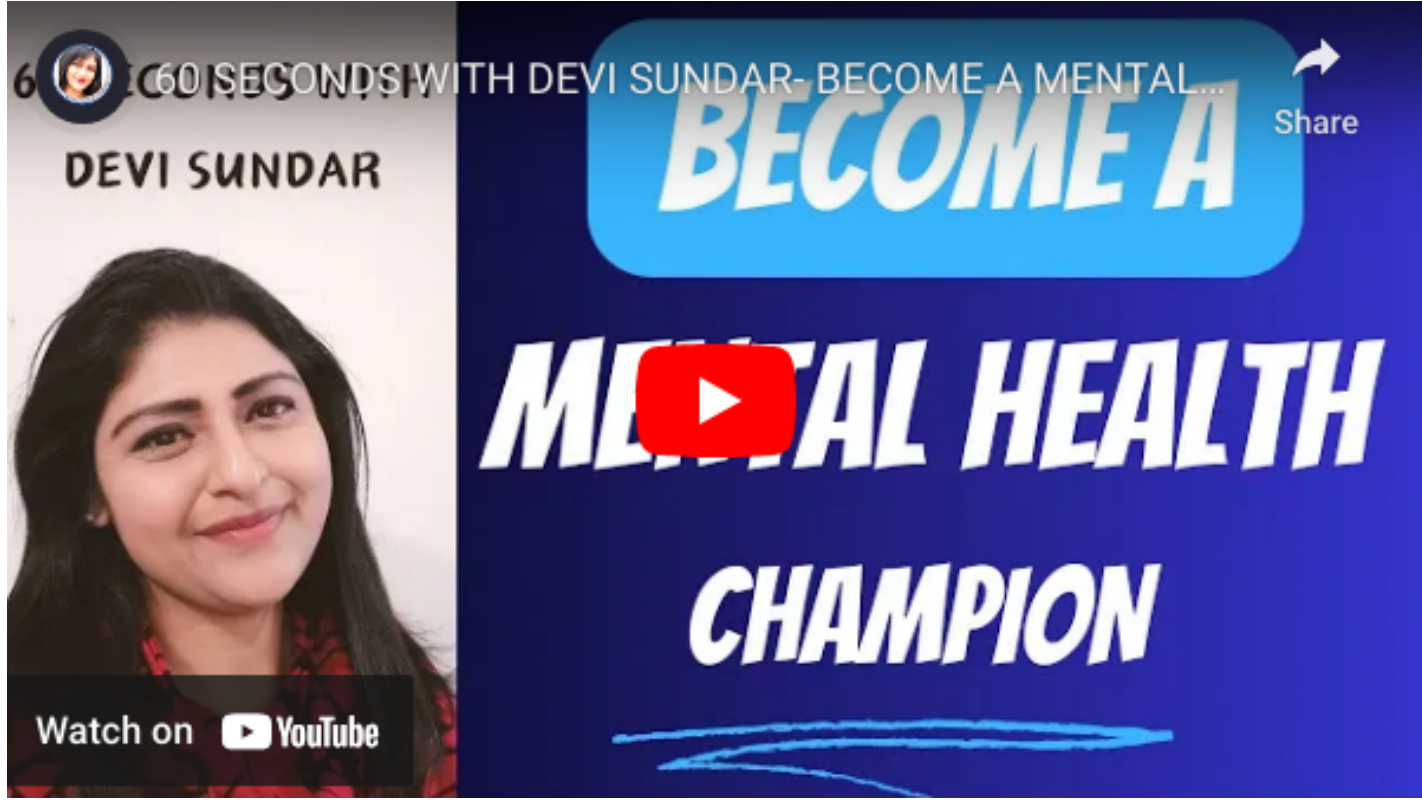
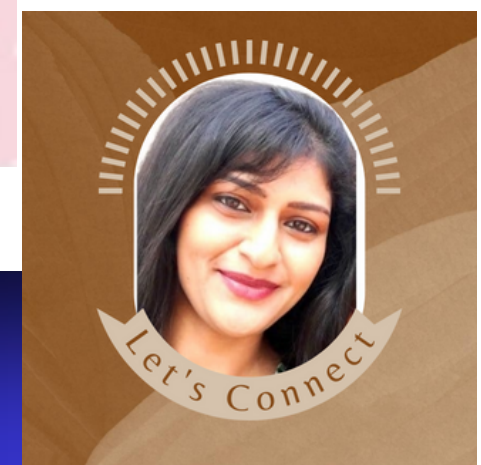
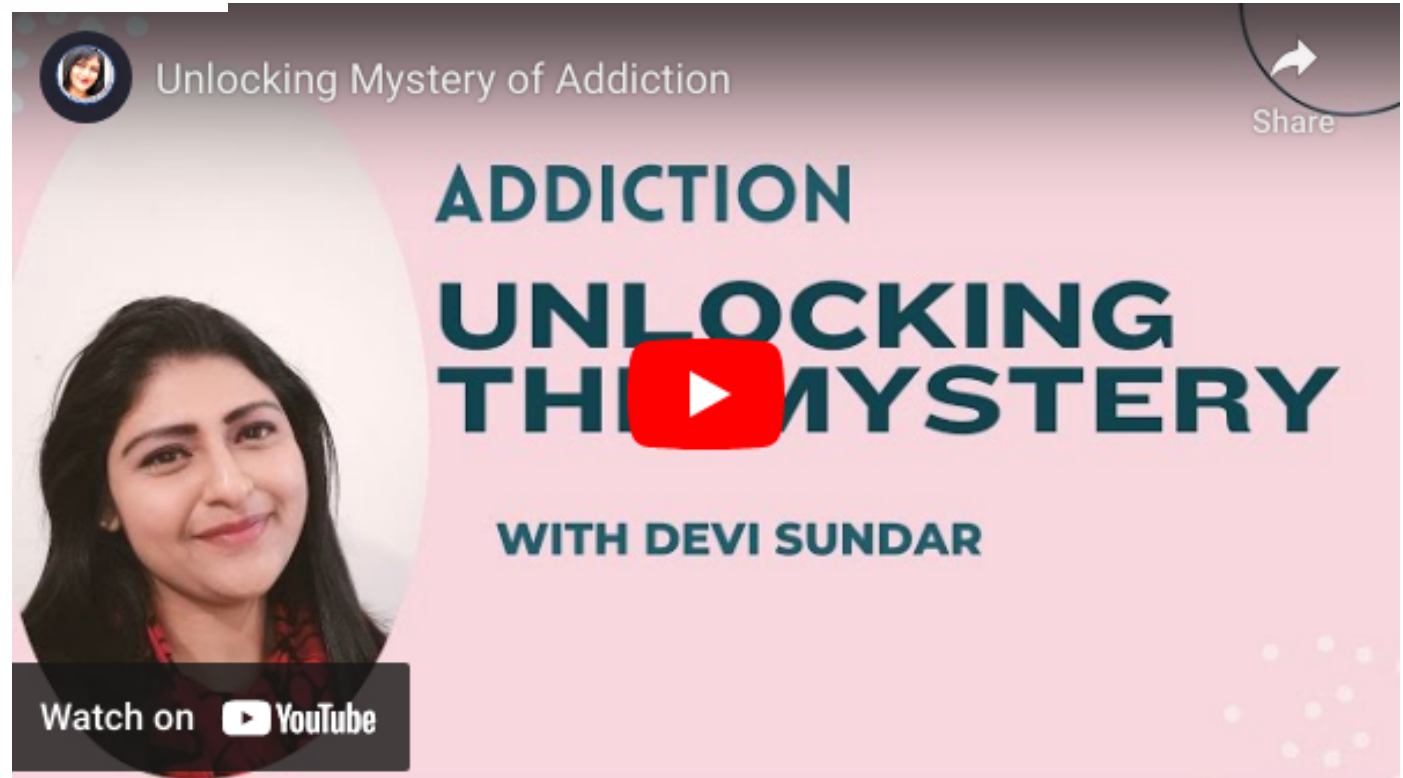




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# Recommended Videos

YouTube @ breathethrivewithDevi



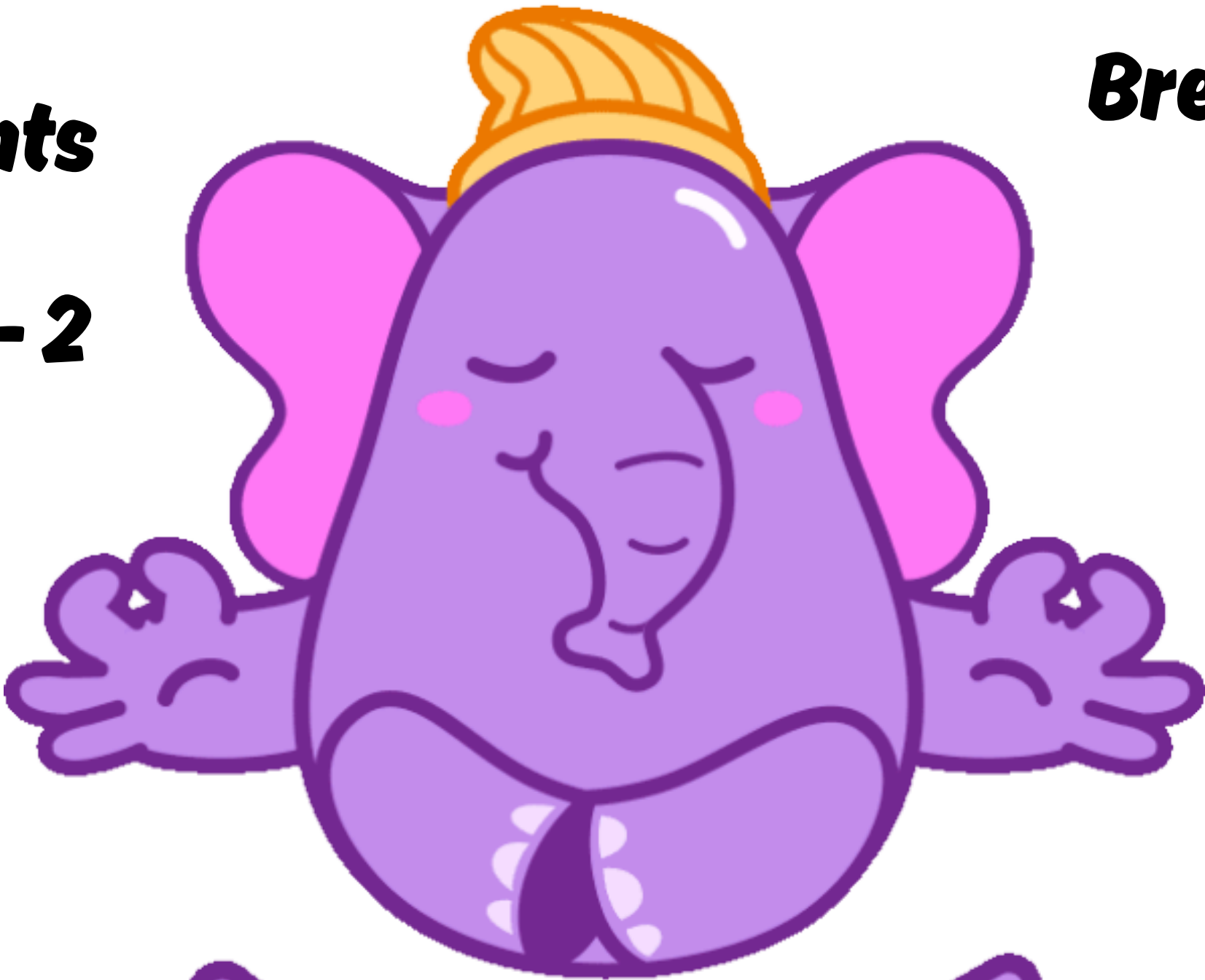


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**Breathe In- 4 counts**

**Second Breathe In- 2  
counts**

**Breathe out- 8 counts**



**BREATHE**

# What to expect in recovery?

## Initial challenges

### Withdrawal Symptoms

Physical and emotional symptoms that occur when reducing or quitting substance use. These can include **anxiety, irritability, cravings, headaches, and nausea.**

### Emotional turbulence

**Mood swings, irritability, depression and anxiety** are common as the body and mind adjust to the absence of the substance.

## Long-term challenges

### Cravings & Relapse

Persistent urges to use the substance, which can be triggered by **stress, environment, or certain social situations.**



## Benefits

### Improved Health

Better physical health, clearer thinking, more energy.

### Better Relationships

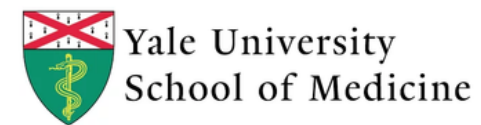
Improved interactions with family and friends.

### Enhanced quality of life

Greater sense of control, purpose, and overall well-being.

# Cravings

Intense desires or urges to consume a specific substance (such as drugs, alcohol, or food). They play a significant role in addiction and can lead to continued use or relapse.



## Neuromarker for craving

Stable brain pattern-Neurobiological craving  
Signature(NCS) – Food and drug  
Biomarker for craving & addiction



## Brain Regions

Reward pathway, Sensory  
experience(sights&smell), emotions mixed feeling  
of desire(anticipating pleasure) and stress(not  
having what you want)  
Motivation to Act- desired substance



# Techniques to conquer Cravings



## Mindfulness

Engaging in mindfulness practices can help manage cravings by increasing awareness and reducing impulsive reactions.



## Identify your “Why”

Identify and challenge negative thoughts that lead to cravings.



## Distraction Method

Exercise (e.g., walking, running, yoga), hobbies (e.g., painting, reading), social activities (e.g., calling a friend, attending a meeting).

# Identify your Patterns



Upset      Irritable

Relaxed      After meals

Angry      Bored      Socializing

Thinking      Lonely      After Lovemaking

Stressed      Nervous      Talking on the phone

Driving      To escape pressure      Happy

Walking

# Reflect on this questions?

1

**Am I happy to have  
another year of drug,  
alcohol and /or smoking?**

Yes / No

2

**Do I feel better  
having made this  
decision**

Yes / No

3

**Do I feel healthier or  
worse?**

Yes / No

4

**Do I feel smart?**

Yes / No

# ***Bhastrika- Breathe of Fire***

**Get Ready:** First, sit comfortably in a chair or on the floor. Close your eyes if you want. Take a few slow breaths to relax.

**Breathe Strong:** Now, take a big breath in through your nose, filling your chest and belly with air. Do it quickly, like you're blowing up a balloon fast. Then, push the air out forcefully through your nose, like you're blowing out candles on a birthday cake. Keep doing this, breathing in and out strongly, but don't strain yourself.

**3 cycles- 10 breaths. Also do in Arm & Hand variations**



# ***Coping Mechanism for managing Withdrawal symptoms***



## **Hydration & Nutrition**

Tip: Eggplant/brinjal—flavonoids, alkaloids, and antioxidants.

Neuro-protective properties suppress neuroinflammation, improve memory, learning & cognitive function.



## **Exercise**

Physical activity releases endorphins, improves mood, reduces stress, and helps manage withdrawal symptoms.



## **Emotional Techniques**

Talking to friends, family, or support groups can provide emotional support and reduce feelings of isolation.

# ***Emotional Resilience and Strength***



## **Positive relationships**

Surrounding oneself with positive influences and supportive people who encourage recovery.



## **Therapy**

Find a therapist or join a therapy group.



## **Mindset Shifts**

Practicing Gratitude  
Positive Affirmations

# ***Nadi Shodhana: Alternate Nostril Breathing***

**Get Comfortable:** Sit in a comfortable position with your spine straight. You can sit cross-legged on the floor or in a chair with your feet flat on the ground. Rest your left hand on your knee in a relaxed position.

**Hand Position:** With your right hand, bring your index and middle fingers to rest between your eyebrows. Place your thumb on your right nostril and your ring finger on your left nostril.

**Breathe Alternately:**

**Close the Right Nostril:** Use your thumb to gently close your right nostril, and inhale deeply through your left nostril.

**Switch Sides:** Close your left nostril with your ring finger, release your thumb from your right nostril, and exhale completely through your right nostril.

**Inhale on the Right:** Keeping your left nostril closed, inhale deeply through your right nostril.

**Switch Again:** Close your right nostril with your thumb, release your ring finger from your left nostril, and exhale completely through your left nostril.

**Repeat:** Continue this pattern, alternating between inhaling through one nostril and exhaling through the other. Each time you switch sides, take a full inhale and exhale.





# Self-Starter Phrases

My life is a journey	I will travel it with purpose and grace.
My presence is a gift	I will share it with kindness and generosity.
My energy is sacred	I will use it wisely and mindfully.



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# ***Support for You***



**National Health Service (NHS) Addiction Services: GP (general practitioner) or by self-referral to specialist addiction services.**



**Gloucestershire Drug and Alcohol Service (GDAS)**



**Gloucestershire Recovery Partnership  
Turning Point and CGL (Change, Grow, Live)**



**Local Support Groups: Alcoholics Anonymous (AA), Narcotics Anonymous (NA), SMART Recovery, and other mutual aid groups**



**Online and Telephone Support: NHS 111 helpline. Drinkline (0300 123 1110) and FRANK (0300 123 6600) offer confidential advice and support for individuals struggling with alcohol and drug addiction.**



# ***We are happy to help***

Book 30 mins free 1-1 virtual consultation



**CHECKOUT**



<https://tele-therapies.org/>

# ***We are fundraising***



Age UK

Devi Sundar's  
JustGiving Page



[https://www.justgiving.com/page/  
devi-sundar-1713791174250](https://www.justgiving.com/page/devi-sundar-1713791174250)

**24th May 2024– 11.30 am (BST)**

Joins us for 60 min free Live workshop on Understanding & Addressing  
Domestic Abuse

***Fundraiser for CCP***

Devi Sundar's  
JustGiving Page



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<https://tele-therapies.org/>

# Contact Us

We offer holistic therapy for your  
lung and mental health challenges



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@breathethrivewithDevi



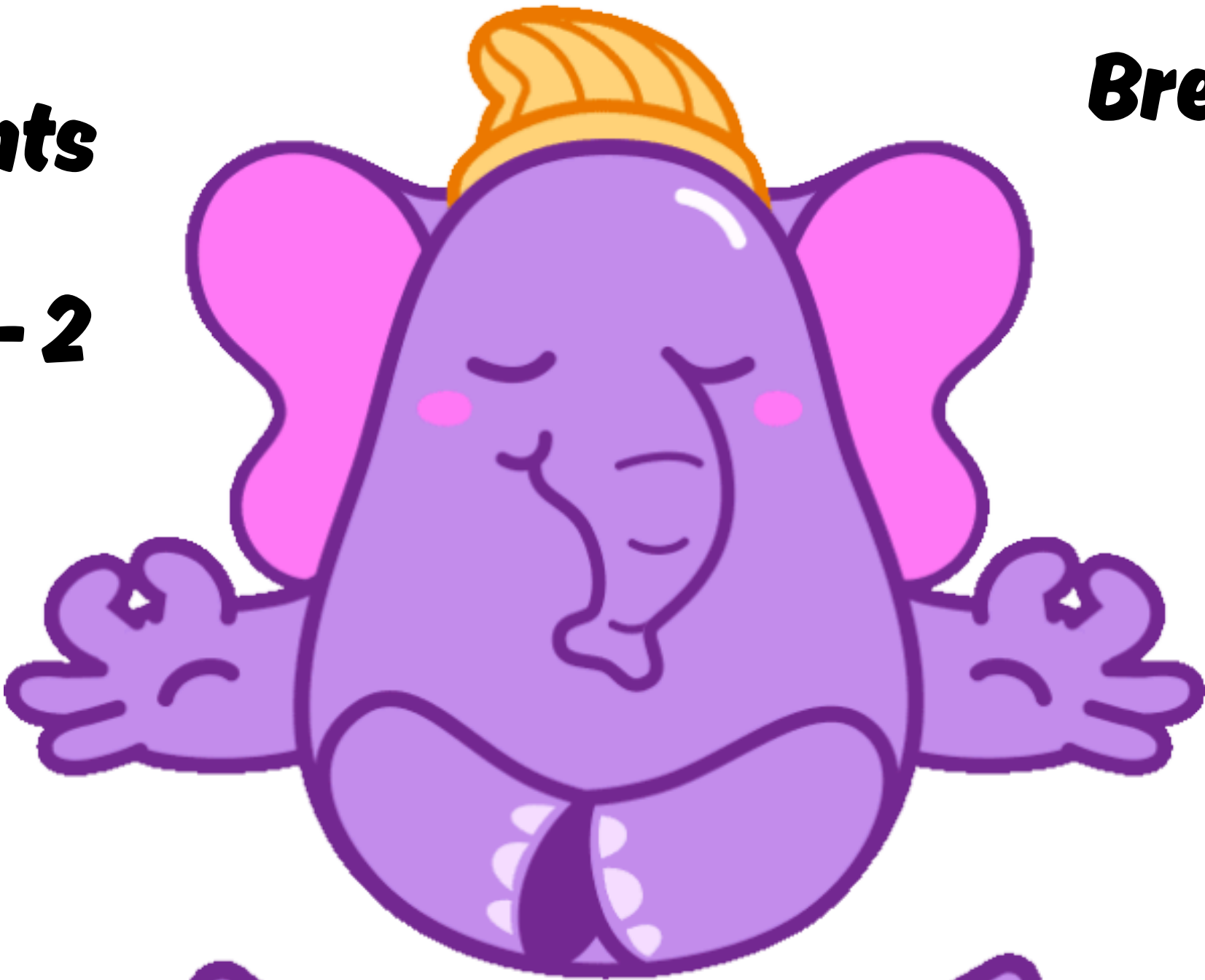


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**Breathe In- 4 counts**

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**BREATHE**



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# Thank You

For Your Attention



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