Risk Taking & Substance Abuse

By Mrs. Hunter

Take 1 minute to do mindful breathing

Pay attention to every breath as much as possible

Remember to do the following:

- Relax
- Turn on any calming music
- Breath from your chest, belly, or nose

Risky choices:

*trying out for a team

*getting into a car with a
driver who's been drinking

*applying for a job

*trying a friend's

prescription drug

There are a lot of factors that come into play when making a decision about whether to take a risk.

It's important to keep in mind what you value and what the possible results of our decision are.

Think about:

- 1. How are your values influenced by your perception of risk?
- 2. What role does substance use play in risk-taking and its consequences?

Valuing What's Important

To <u>value</u> is to have respect, esteem, or appreciation for an object, relationship, or idea

Write down 2 things that you value:

- 1. An Object
- 2. A Relationship

What do you do to protect these things and show you value them?

What kind of risk-taker are you?

- 1. Know what kind of risk taker you are. If you live on the edge, take time to think before you act.
- 2. Watch out for the influence of drugs and alcohol. These things can decrease our ability to make good judgement.
- 3. When in doubt, talk it out with someone you trust.





Risky, Riskier, Riskiest

Low Risk, Medium Risk, High Risk.....

Example: smoking

Low risk: Not Smoking

Medium Risk: Having a couple of cigarettes

High Risk: Smoking a pack of cigarettes in 1 day

Conclusion:

According to DrugFree.org

90% of addictions start in the teen years

Family history of drug or alcohol problems can place a child at increased risk for developing a problem.

Children who frequently take risks or have difficulty controlling impulses are more at risk for substance abuse problems. No matter what, taking a risk is going to be scary. What things can you do?

- Write a letter to future you. What advice would you give yourself?
- Mindfulness can reduce risk-taking behavior- makes you stop and think before you react.
- Taking a few breathes, opening up space can give you your balance back

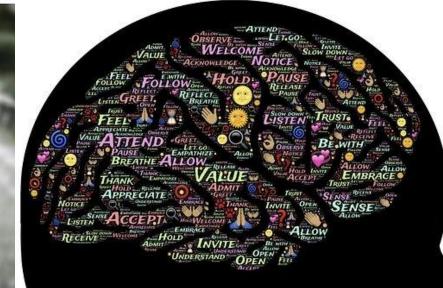
BE AWARE

of your breathing. Notice how this takes attention away from your thinking and creates space.

Eckhart Tolle

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Mindful Breathing



RETRAIN YOUR MIND