

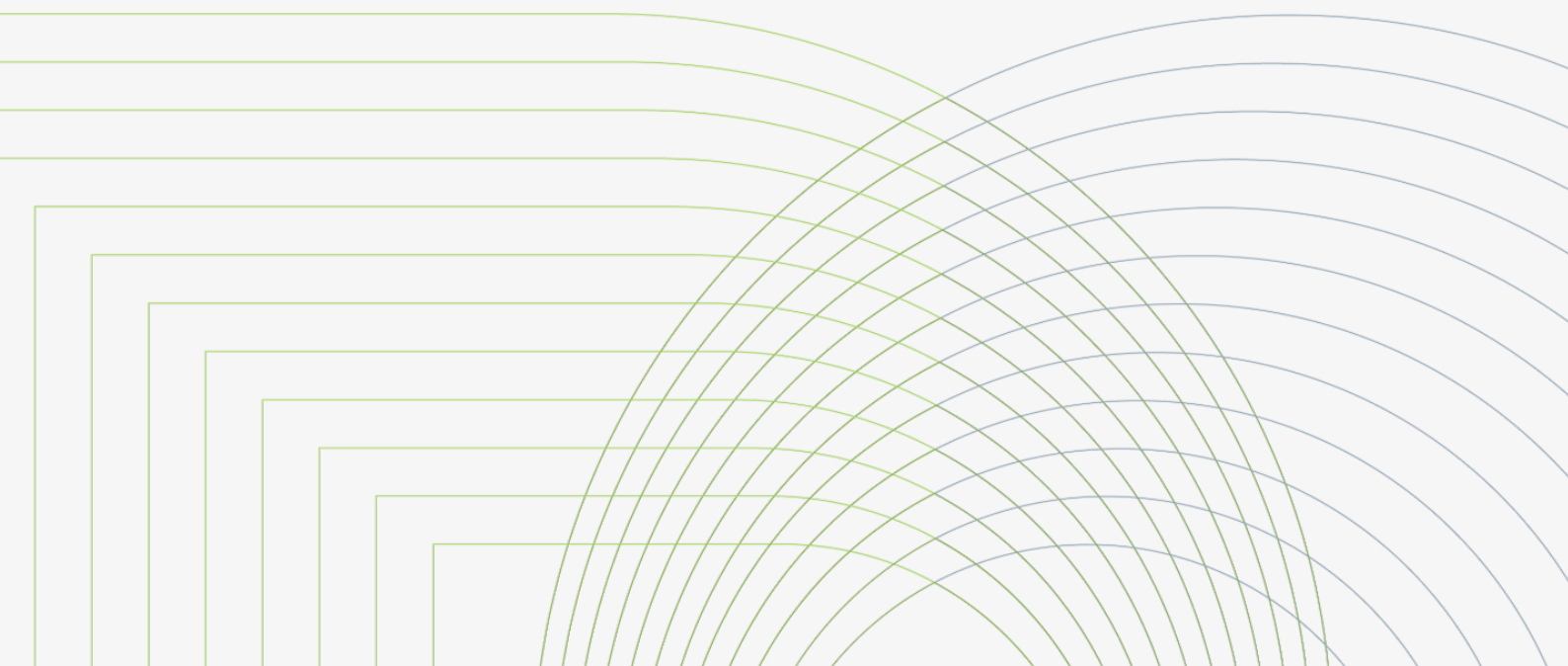
# Module 4.3

# Drugs and Alcohol:

# Stimulants

Keeping the Body in Mind – Resources

Consumer Learning Module



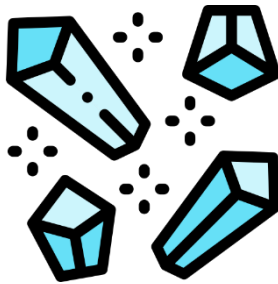
# Module 4.3: Stimulants

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## About Stimulants

Stimulants, sometimes called "uppers," are drugs like cocaine and amphetamines (ice, speed) that can briefly boost alertness and energy. Although they might seem helpful at first, they can have many harmful effects on your body and mind. This module will help you learn more about these effects, reflect on your experiences, and think about your choices.



### **Different types of stimulants:**

There are various types of stimulants, each with unique effects on the body and mind. Some common stimulants and their street names include:

1. Cocaine (coke, snow)
2. Amphetamines (Adderall, speed)
3. Methamphetamine (Crystal meth, ice)
4. Methylphenidate (Ritalin, MPH)
5. Synthetic cathinones (Bath salts, flakka)

## How do stimulants work?

Stimulants work on the brain by increasing the levels of dopamine and norepinephrine, which are neurotransmitters responsible for controlling pleasure, reward, and alertness. This increase in neurotransmitter levels leads to the short-term effects experienced by users, such as increased energy and focus.

## Stimulant tolerance and withdrawal:

Repeated use of stimulants can lead to increased tolerance, which means you'll need higher doses to achieve the desired effects. When you stop using stimulants, you may experience withdrawal symptoms, such as:

- Tiredness
- Depression
- Insomnia
- Increased appetite
- Anxiety





### Activity: Identifying triggers and coping strategies

Think about the situations or emotions that might trigger your use of stimulants. What healthier coping strategies can you use to manage these triggers?

**Trigger:**

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**Coping strategies:**

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### Short-Term Effects of Stimulants:

When you take stimulants, you might feel more awake and fuller of energy for a little while. But soon after, your body tries to return to normal, and you might feel the opposite of those "up" feelings. You might experience sadness, lack of interest, and extreme tiredness. This can make you want more of the drug, which can lead to addiction.





**Activity: Reflect on your experiences with stimulants**

Think about what happens when you use stimulants. What effects do you feel right away, and what are the opposite effects you experience soon after?

Effect	Negative effect following use of drug:

## Long-Term Effects of Stimulants

Using stimulants often can cause heart problems, make your body temperature dangerously high, and even lead to death. You can also feel anxious, paranoid and hostile, which can hurt your mental health and relationships. Because stimulants are addictive, they can take control of your life, making you choose drugs over things that matter to you, like friendships and healthy living goals.



### Activity: Reflect on the long-term effects of stimulants

Think about how the long-term effects of stimulants might affect your life and your goals for healthy living.

Long term effect	Goal that is/would be impacted

## Understanding Your Choices

People might use stimulants for different reasons, like wanting excitement, because they're easy to get, or because their friends are doing it. To make informed decisions, it's important to understand what's influencing your choices.



### **Activity: Reflect on your reasons for using stimulants**

Think about why you use stimulants. If you wanted to cut down or stop, what would you need to change about your life to make that happen?

#### **Reason for using:**

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#### **What you could change:**

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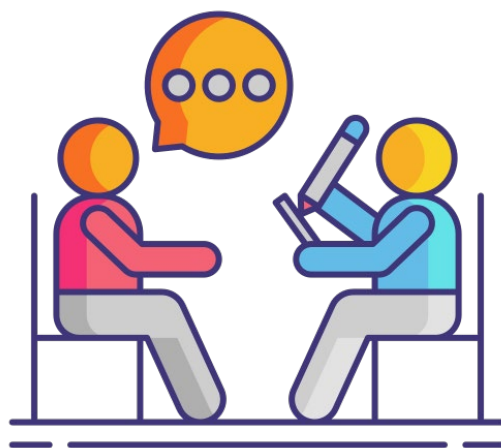
## Rebecca's Journey

Rebecca started using ice to stay awake for her late-night shifts at work. At first, she felt energized and alert, but she soon experienced the opposite effects, feeling sad and exhausted. This made her use stimulants more often.

Over time, Rebecca's heart started to suffer, and she became paranoid and hostile. Her relationships with her family and friends were affected, and her goal of living a healthy life seemed far away.

Rebecca decided to make a change. She talked to a counsellor about her ice use and found support from friends who understood her struggles. Rebecca also changed her work schedule and found healthier ways to stay awake, like exercising and eating better.

Remember that your choices can affect your well-being. By understanding the effects of stimulants and reflecting on your experiences, you can make better decisions for a healthier and happier life.



## Available Supports

- **Stimulant Treatment Clinics** - specialist treatment services for stimulant users across six NSW local health districts. They provide a range of services to match the individual needs of each patient. To contact the state-wide telephone service, call the Stimulant Treatment Line on 8382 1088 or 1800 101 18823.

<https://www.health.nsw.gov.au/aod/programs/Pages/treatment.aspx>

- **Alcohol & Drug Information Service** - a free and confidential counselling helpline for NSW residents with concerns around alcohol and/or drug misuse. They provide counselling, information, and referrals to other services. To speak to a counsellor, call 1800 020 015.

**Congratulations! You've now completed module 4.3 Drugs and Alcohol -  
Stimulants**



**Scan the QR code or visit the link for online access to all of the modules and a complete list of references or visit the link below:**  
[mindgardens.org.au/KBIMResources](https://mindgardens.org.au/KBIMResources)



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