

# PREPARING FOR THE FUTURE



## How to Scan/Use QR Codes

Some mobiles require a free app in order for you to successfully scan it. Try scanning it with your rear-facing camera. If no link appears over the QR code on your screen, try downloading the app.

### Samsung / Android / iPhone Users:

Download the free “QR & Barcode Reader” app on Google Play/App Store. Open the app, select “Scan” and match the QR Code into the framed box (aka scanner). Select “Open Website”, it will then take you directly to the video link, which you can click to watch.

Once you click the link you will be directed to the relevant content.






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QR Codes	Title	Duration	Notes
	Improve Your Life Using the Stages of Change	5mins	To get the very most out of these videos, take notes of things that shine through.
	3 Tips To Stay Sober In Early Sobriety   How To Stay Sober Long Term With Relapse Prevention	12mins	
	Top 7 Relapse Prevention Strategies	15mins	
	Early Sobriety Relapse Triggers   How to Prevent Relapse	12mins	
	10 Coping Skills for Addiction and Recovery	3mins	



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QR Codes	Title	Duration	Notes
	Coping Mechanisms	6mins	To get the very most out of these videos, take notes of things that shine through.
	Train Your Brain: Mindfulness Meditation for Anxiety, Depression, ADD and PTSD	6mins	
	Self Compassion	5mins	



**IF YOU HAVE ANY RECOMMENDATIONS OF FREE RESOURCES PLEASE EMAIL THEM TO [THEBLUEHAND.AUS@GMAIL.COM](mailto:THEBLUEHAND.AUS@GMAIL.COM) THANK YOU.**

