

Comedown Care & Aftercare Guide

Looking after yourself after a night out



What this guide is for

- This guide is for the hours and days after an event, when your body and mind are recovering.
- Feeling low or off after a big night is common, but there are ways to support yourself.

What a comedown is

- A comedown happens when stimulating or mood-altering substances wear off and brain chemicals drop.
- This can affect mood, sleep, energy, and emotions.

What you might notice

- Low mood or anxiety
- Irritability or tearfulness
- Poor sleep
- Tiredness or low energy
- Reduced appetite

What helps your body recover

- Drink fluids regularly
- Eat simple, nourishing food
- Rest and sleep when you can
- Gentle movement like walking or stretching

What helps your mind recover

- Be kind to yourself
- Avoid making big decisions
- Limit social media and comparisons
- Talk to someone you trust

Things to avoid

- Using more substances to cope
- Heavy drinking
- Isolating yourself completely
- Pushing yourself too hard

When a comedown is not normal

- Seek advice if low mood, anxiety, confusion, or physical symptoms are severe, getting worse, or lasting more than a few days.

When to get help

- Get medical help if you experience chest pain, trouble breathing, persistent vomiting, thoughts of self-harm, or anything that feels unsafe.

Key message

- Comedowns pass.
- Support, rest, and patience help your body and mind reset.