

TOOLS TO COMBAT ISOLATION for Addicts and Others

Read Books	Blackhawk	Going to the gym
Ride motorcycle	Work	Meditation
Listen to Music	Look for work	Getting in shape
Get a dog	Home improvements	Cooking
Get a hobby	Skydiving	Running/jogging
Phoenix Multisport	BBQ	Call family
Alcoholics Anonymous	Laundry	Read newspapers
Probation classes	Talking	Go see movie
Thrift store	Listening	Go to school
Shopping	Organizing the garage	Go to Dog Park
Watch people	Fishing	Video games with friends
Play pool	Hunting	Hiking
Get a hobby	Singing	Rock climbing
Build engines	Dancing	Bike riding
Watch TV	Karaoke	Get a pen pal
Clean	Visit relatives	Snowboarding
Rearrange	Fly kite	Travel
Time with Girlfriend	Pets	Being in nature
Daydream	Crafts	Meeting women/men
Groom	Write backwards	Sports
Make cloud pictures	Swimming	Tourist attractions
Learn a new skill	Gardening	Reading group
Crossword puzzles	Skateboarding	Study group
Library	Woodwork	Construction trades
Internet	Taking deep breathes	Ice-skating
Hang with friends	Eating out	Camping
Sporting events	Socializing	Watching natural disasters
Family reunion	Groups	Going to zoo
Write inmates	Community service	Driving
Concerts	Walking	Build something
Bingo	Sleeping	Learn a new language
Poker	Riding bus	Learn new jokes