

WHAT CAN I DO INSTEAD OF USING

Drugs & Alcohol?

Grow 



LEARN & PLAY A NEW GAME
READ A BOOK
DEVELOP A SKILL
WRITE IN A JOURNAL
CREATE ART OR MUSIC

Engage 



JOIN A POSITIVE CLUB/GROUP
WRITE A LETTER TO SOMEONE
MAKE A NEW RECIPE
HANG OUT WITH SOMEONE NEW
LISTEN TO A PODCAST

Move 



ORGANIZE A SPORTS TOURNAMENT
GO FOR A WALK OR A JOG
TRY A NEW TYPE OF EXERCISE
LEARN A NEW DANCE
HIKE/BIKE A LOCAL TRAIL

Connect 



VOLUNTEER LOCALLY
RESEARCH YOUR FAMILY TREE
LEARN A NEW LANGUAGE
PRACTICE YOGA/MINDFULNESS
SPEND TIME WITH LOVED ONES



@od_preventionist



@Brockton Area Opioid Abuse
Prevention Collaborative

