

## Alternatives to Drinking

If you drink when you are bored, lonely or if your social life always involves drink, it is important that you find new ways of spending time in places where drinking does not play an important part



Swimming	Visit friends
Dancing	Go to an art gallery
Jogging	See some sights
Keep fit	listen to music
Cycling	Learn to play an instrument
Walking tours	Try painting
Gardening	Take an evening class
Decorating	Surf the net
Reading	Try relaxation
Crafts	Walk the dog
Bowling	Cinema
Computers	Model making
Fishing	Photography

*The most important step is to decide what to do  
and then try it out!*