

# inspired

[to make healthy choices]

Volume 7 Issue 8

www.guideinc.org

## Alcohol-free Fun

What new opportunities  
will you explore?

A great way to make healthy choices that support prevention is  
by engaging in positive activities that don't involve drinking!

Go see a movie 🎟️ Take a walk 🚶 Cook your favorite recipe 👨🍳  
Donate to a food drive 🛒 Read a book 📖 Complete a puzzle 🧩  
Go on a hike 🧗 Go to a community event 🏠 Thank a mentor ❤️  
Play a board game 🎲 Do some deep breathing 🧘 Meditate 🧘  
Do yoga 🧘 Research a new topic 🔍 Stargaze 🔭 Make art 🎨  
Write a letter 📧 Declutter a space in your home 🏠 Take a nap 😴  
Volunteer ❤️ Watch the sunset 🌅 Dance 🕺 Play video games 🎮  
Ride your bike 🚲 Master a new skill 🎓 Visit a nearby city 🏙️  
Visit a local park 🌳

## 50 Things To Do Besides Drink Alcohol

Plant a garden 🌱 Practice a new language 🗣️ Photograph something interesting 📷  
Plan your dream vacation 🏖️ Take a bubble bath 🛁 Exercise 🏃  
Bake 🍰 Brainstorm your bucket list 🧠 Explore a museum 🏛️  
Meet a friend for coffee ☕ Go to a concert 🎵 Have a picnic 🧺  
Binge a new show 📺 Call someone you love 📞 Listen to music 🎵  
Try a Pinterest project 📌 Listen to a podcast 🎧 Play a sport 🏀  
Write down your goals 📝 Go camping 🏕️ Take an online course 🖥️  
Start a gratitude journal 📖 Enjoy the outdoors 🌳 [guideinc.org](http://guideinc.org)

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