



30 Ways To Distract Yourself from Drinking, by StopDrinking.com

- Have a plan in place
- Explore old hobbies
- Make it harder for yourself to drink
- Gardening
- Reading
- Exercise
- Nutrition
- Cooking
- Baking
- Photography
- Houseplants
- Gaming
- Study psychology
- Study philosophy
- Study other topics
- Crafting
- Building models
- Puzzles
- Playing music
- Listening to music
- Movies
- TV
- Talk to friends
- Talk to family
- Talk to strangers
- Post on our forum
- Spend time being mindful
- Write a journal
- Drink water
- Wait an hour

Visit our private community at StopDrinking.com/forums/ to talk with other people who are trying to overcome their alcoholism, along with friends and family members of alcoholics. With communication, we can all make the path a little bit easier.