TOOLS TO COMBAT ISOLATION for Addicts and Others

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