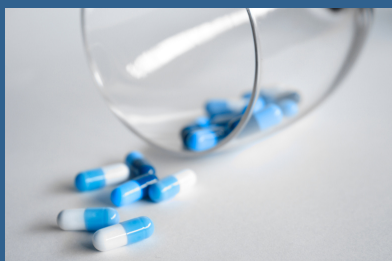


# REJECT ADDICTIONS

A N D

## PROMOTE HEALTHY HABITS AND OUTDOOR LIFE

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### WHAT IS AN ADDICTION?

Habit of dangerous behaviors or consumption of certain products, especially drugs, and which cannot be dispensed with or it is very difficult to do so for reasons of psychological or even physiological dependence.



### WHAT IS A HEALTHY HABIT?

We call healthy habits to all those behaviors that we have assumed as our own in our daily life and that positively affect our physical, mental and social well-being.

### PREVENTION MEASURES AGAINST ADDICTIONS

Integrate the Family in an environment of communication, respect and trust. Recognize our children's achievements, abilities and personal capacities.

### FIVE IDEAS TO PROMOTE HEALTHY HABITS

- 1 Have a balanced diet.
2. Do exercise.
3. Rest properly
4. Maintain good personal hygien.
5. Avoid the consumption of toxic substances.

### HOW TO OVERCOME AN ADDICTION

To overcome an addiction, two months of intense treatment are required, it is recommended to follow it to consolidate the habits learned and recover your normal life.

### WHAT DOES OUTDOOR ACTIVITIES IMPROVE?

Performing physical activity outdoors adds to the benefits of sport, the positive impact of staying in green spaces and enjoying the sun. During the first five minutes there is the greatest increase in self-esteem and mood improvement.

### 3 EXAMPLES TO PREVENT DRUGS

- 1 A good family upbringing.
- 2 The interrelation between the peer group, family and school is also essential to detect problems.
- 3 Encourage leisure and healthy recreational activities in our adolescents.

### OUTDOOR TRAINING BENEFITS

- 1 Fresh air.
- 2 Less feeling of anxiety.
- 3 Train the brain.
- 4 Better for health.
- 5 Connect and make new friends.