

TIPS TO AVOID ADDICTIONS

1. How to prevent the addiction of drugs

- Have a good social life
- Communicate
- Go to therapy

2. How to prevent the addiction to internet

- Establish limits for computers and mobile phone
- Turn off notifications
- Leave your mobile outside your room when you go to sleep

3. How to prevent the addiction of alcohol

- Do activities without alcohol
- Surround with persons that don't drink
- Have the alcohol far from home

4. How to prevent getting addicted to bets

- Try not to think about the game
- Consider other entertainment options
- Don't provoke behaviors that will lead you to play

5. How to prevent the addiction of food

- Do activities outside to have your mind out of food thoughts
- Do not snack between meals
- Follow a nice diet given by a dietist

6. How to prevent the addiction of shopping

- Reserve a specific budget.
- Go out accompanied.
- Plan your purchases. Make a list of what you will buy.