



HISTORIC TRIANGLE
DRUG PREVENTION COALITION

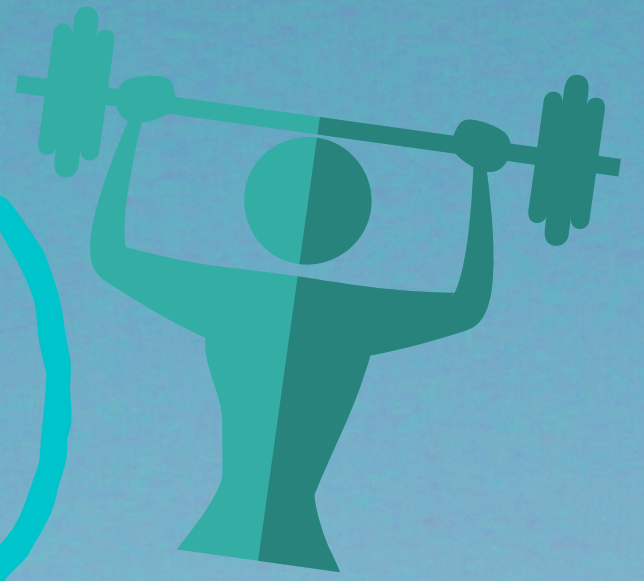
Fight Against Isolation

1

Video Call friends
(FaceTime, Skype, and
Zoom are all free)

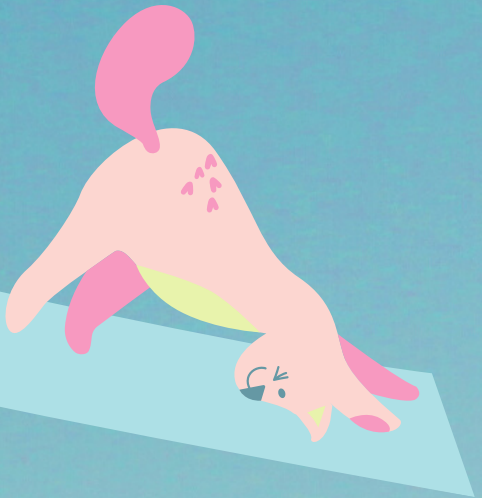
Exercise (Google home
exercise routines)

2



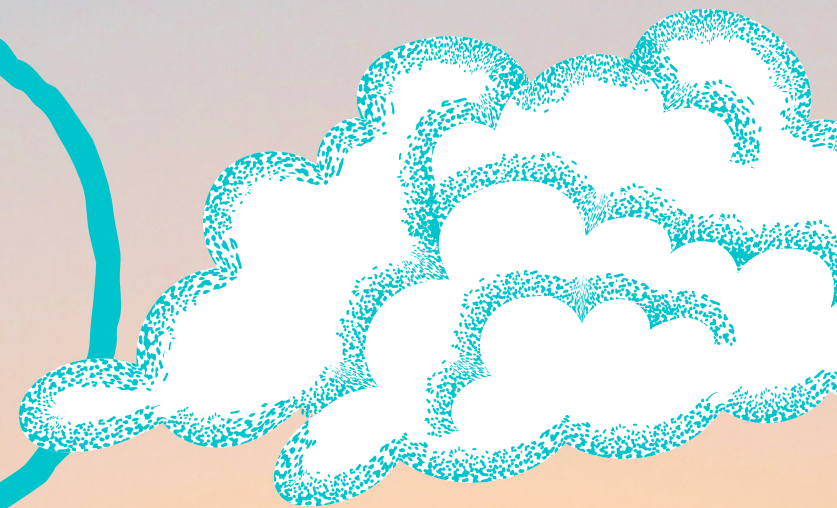
3

Practice Mindfulness
(journaling, meditation,
yoga)



4

Explore a book (Audible
and Amazon have a
catalogue of free content)



5

Take up a new hobby
(something cheap or
free, a quick google
search will help you
brainstorm)

