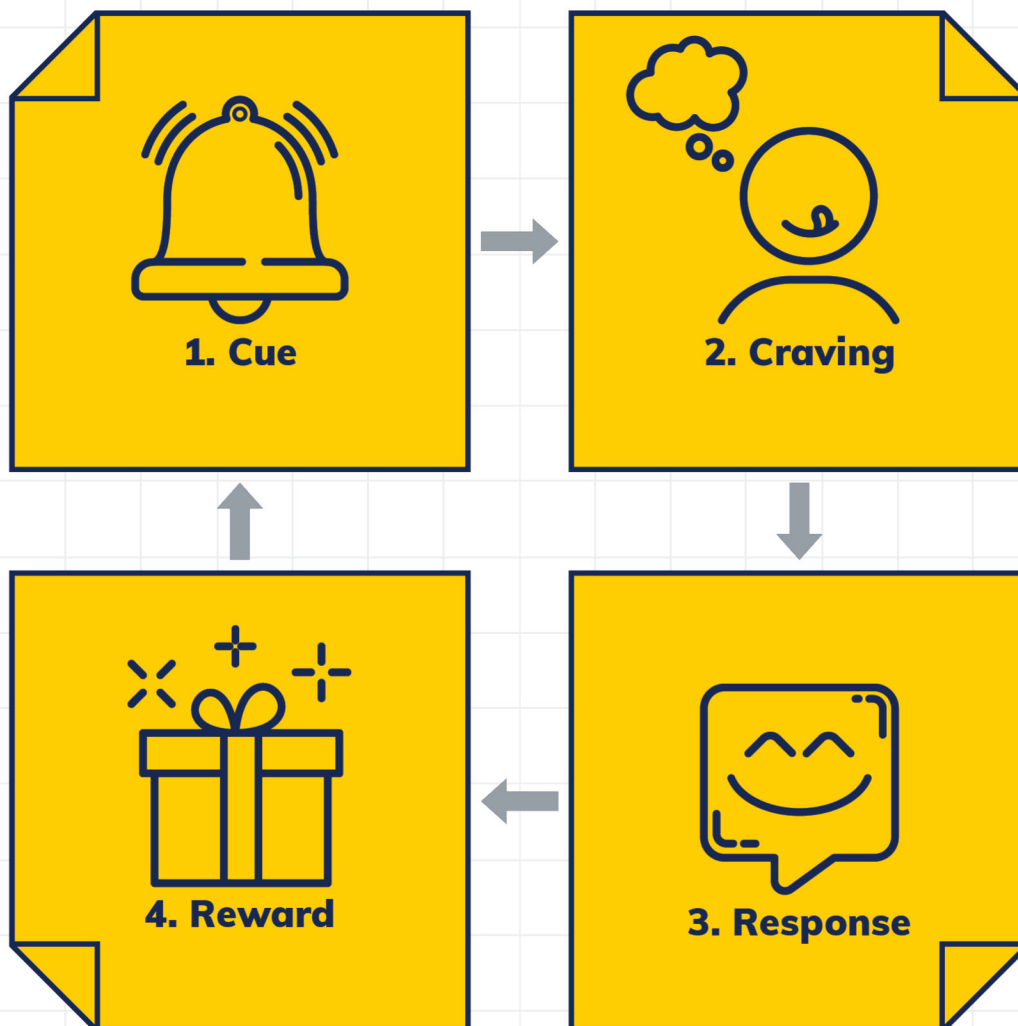


Choosing Alternative Rewards

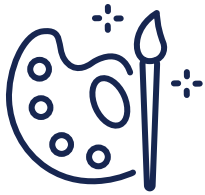


When you experience a cue and then a craving, how can you respond and choose a different reward? Here are some examples of different rewards that support your health and wellness. Ultimately, you need to find what works for you so you may have to try a number of alternative rewards before finding one (or a few) that you prefer.





Try...



finding a hobby that you enjoy like woodworking, drawing, making a YouTube channel, playing games



a physical activity that you enjoy such as yoga, walking, weightlifting, shooting hoops



calling a friend or connecting with someone you haven't talked to in the past 3–5 days



going for a walk with a friend or while listening to a new playlist



taking 3–5 deep breaths and then chewing gum



watching your favourite show



making a healthy snack



journaling

What other alternative rewards can you think of that would support your health and wellness? Make a list using your journal or the notes function on your phone.

