

Positive Addictions

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Raleigh Employee Assistance Program, Inc.

Some addictions and habits can add to the quality of life. They enhance our daily existence and establish long-term benefits. Sometimes the actions are replacements of self-destructive behaviors and attitudes. Sometimes they merely complement an already well adjusted life.

Positive addictions can adjust thinking, feelings, and physical routines.

Addictions to adjust thinking:

- Positive self talk
- Journaling
- Do something nice for someone else
- Make a grateful list

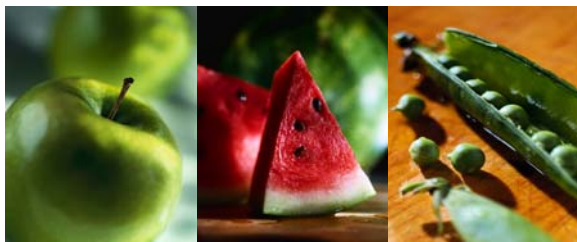
Addictions to adjust feeling:



- Laughing
- Meditation
- Rest
- Revive the art of playing

Addictions to adjust physical wellness:

- Take a walk, do yoga, or work out



- **Improve nutrition**
(5-7 veggies & fruits,
8 glasses of water)

- Do something aerobic
- Get a massage

Positive addictions add meaning to life!