



“Try Another Way” ©



Be Active

Being active helps keep you on track

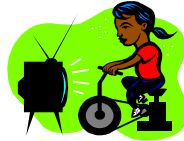


Often, when things aren't going okay, all you want to do is nothing. Guess what? Do you really feel better when you do nothing?

“Try Another Way” © means doing something when things aren't going okay rather than doing nothing . It doesn't matter what it is, as long as it is not sitting there worrying about what is going wrong.

Think about what is going right and how you can make it even better, but thinking by itself is not going to keep you on track.

Being active is also important. It doesn't mean going out and pumping iron or climbing the nearest mountain. But it does mean thinking about what else can I do? What do I have the time and money to do? What interests me? What can I do on a daily, weekly or monthly basis?



It is really hard to be enthusiastic about things when things are not going right. But, doing something active helps *make things right*. It also keeps your mind off the things that aren't going right.

It is really important that you are able to do something active every day of the week. It can be by yourself, with a group, indoors or out, cost you money or is free. No matter what it is, doing it is part of “Try Another Way” ©.

Now go to the Fun Time List - Tick all the one's you might like to try. Write them on the Fun Time Plan.



My Story

What kept me on track

Many people shared their stories with being active as part of a research project to help people cease benzodiazepine use.

Sheila got into a lot of heavy exercise “*like really physical stuff, bit of kick boxing and I would often go for good hard walks, up the hill and sweat it out*”.

Nellie also got very active. “*I raced around that oval until I got myself so pooped and tired to get myself to sleep*”.

Shaune found a much more gentler way of doing things “*meditation as well as Tai Chi*”.

Having a friend take charge helped Susan to cut down. “*He made me go fishing and camping, places where there was no access to anything, no alcohol*”.

Michael took another way. He found yoga. He says, “*it was intense, 4-5 times per week, for 2-3 months*”.

Remember: Be active



Try Another Way" ©
Program

Produced by Jan Parr as part of a self-managed trial for cessation of benzodiazepine use. The finding of this study will be published in Drug and Alcohol Review in 2011.



Fun Time Plan

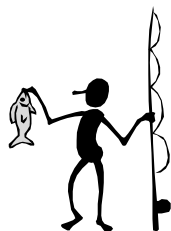
1. Write down all the activities you would like to do (See Fun Time List on the next page for ideas)

2. Which one’s could you do at least once per week? (remember you need to be active at least 5 days per week).

3. What could stop you being active?

4. Which one will you try first?

The important thing is to “Try Another Way” © . Don’t give up if your ideas don’t work. Go back to your list and think again.

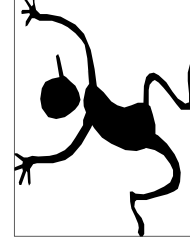


Fun Time List

Some of these activities you would never dream of doing. Be daring, be honest, be frugal, but give some of them a go. Tick the ones you might be interested in. Come up with some of your own. Put your plan on the next page of this newsletter. Give it a go and have fun. Remember, practice is the key. You won't feel better unless you do something every day and make it part of your daily routine. For the next 2 weeks use the record sheet to track the activities you tried each day.

Physical Activities	Creative Activities
Tai Chi	Hobbies
Yoga	Writing a journal/poetry/songs
Exercise classes	Painting/drawing
Jogging	Reading
Kick boxing	Making jewellery
Swimming	Sewing
Walking/ bushwalking	Learning a musical instrument
Running	Art/Craft classes
Playing a team sport	Writing letters
Tennis/squash	Learning to dance
Mowing the lawn	Cooking
Bike riding	Photography
Bowls (indoor, tenpin, lawn)	Pottery
Recreational Activities	Pampering Yourself
Fishing	Hot bath/bubble bath/spa
Bird watching	Therapeutic massage
Spending time at the beach	Relaxation exercises
Going camping	Meditation
Gardening	Listening to music radio
	Improving your appearance

Religious involvement	Entertaining Activities
Going to church	Visiting museum/art gallery
Reading sacred scripts	Watching a video/DVD
Talking to a religious person	Seeing a play/movie
Praying	Reading a book
Mental Exercise	Other Activities
Crossword puzzles	Volunteer work
Playing cards	Attending a self help group
Playing chess	Doing a TAFE course
Jigsaw puzzles	Exploring one's community
Playing a computer game/using the internet	Exploring the natural environment
Learning to use a computer	Planning a holiday
Board games	Collecting objects eg stamps, coins
Social Activities	Visiting the neighbourhood centre
Meeting a friend for coffee/lunch	Joining the library
Have a BBQ/picnic	Redecorating/rearranging the unit/ house
Joining a social/community club	



Fun Time Record Sheet

Over the next 2 weeks record all the activities that you have tried. It is okay to try something and never do it again. There is always something we would like to do if we had the time or money. Now is the chance to give it a go. It doesn't matter what others think or say. Most of us hate recording what we do or putting everything down on paper, but if you record every day the active things that you have done, by the end of the fortnight you may be pleasantly surprised.

Remember: Give it a go.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Morning							
Afternoon							
Evening							
Week 2							
Morning							
Afternoon							
Evening							

