

Ideas for social activities?

Posted by farblunjet - 10 Nov 2019 10:50

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The last few times I acted out, I feel like I could've controlled myself, and would've controlled myself if I'd have some place to go and have a beer with some friendly people, or do some thing with someone.

Just last week I'd had a few very busy days at work and had to get my mind off work related issues, and couldn't think of anything to do or someplace to go that would distract me enough, and I succumbed.

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Re: Ideas for social activities?

Posted by greenland55 - 10 Nov 2019 20:48

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This is probably very important and is possibly at the root of a lot of people's problems given our increasingly lonely society.

Maybe a wiser person here can answer this well.

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Re: Ideas for social activities?

Posted by Duvie - 10 Nov 2019 22:15

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Boredom and restlessness are major triggers. More than many people realize, I think.

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Re: Ideas for social activities?

Posted by farblunjet - 01 Dec 2019 08:54

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I have nothing to do today and nowhere to go. I'm controlling myself right now but if I can't find anything to do, I don't know... any ideas?

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Re: Ideas for social activities?

Posted by ColinColin - 05 Dec 2019 18:41

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I do not know where you live.

But if you are in a city with a reasonably sized Jewish population, is there a Jewish community centre which has lectures and activities?

Is he a shul near you which as the same?

Is there a Jewish or community volunteering network near you?

There is a website called meetup not a Jewish site, but it brings together people with like-minded interests.

If you could use that to meet other people for activities... not going clubbing or to bars but perhaps history based, or science based, or a walking group or reading group?

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