



10 Tips to Help You Stay Happily Alcohol Free this Christmas

- 1. CHOICE** - It is your choice not to include alcohol in your life, even if you have been advised by medical professionals or family have pleaded with you. Acknowledge that YOU have made the choice to do this. Make the decision and commit to it, make it your No1 priority. Do not let indecision through the door. Indecision brings mental gymnastics, that internal battle, feelings of deprivation and the need for willpower. Accept it may feel strange at times and that is ok. You are making a change and with that comes growth!
- 2. EXPERIMENT** - Become curious! What wonders will this experiment, this adventure bring to you? Open up to all the amazing possibilities that are coming your way! Make a note of the elements you are looking forward to . Being completely present, no hangovers or wasted days, no time needed for recovery. Time with family, relaxing, having fun. Watching a film all the way through and remembering it all! Those extra calories available for your favourite treats!
- 3. EXPLORE** for alternatives. Just because you are not drinking alcohol does not mean you can't have something nice to drink. There are so many alcohol free options on the market now. There is nothing worse than sitting there with a mediocre drink and feeling deprived. The only thing you are depriving yourself of are hangovers. Check out the supermarkets and online stores. You can also find my personal recommendations at <https://www.changingstatus.co.uk/soberyou/resources/alcohol-free-drinks/>.
- 4. PLAN** - Obviously it may feel different at times, do not fear this, trust me it will be better! However your subconscious mind could take a little time to catch up, after all this is what you have possibly been doing for years. You may experience thoughts about drinking at a certain time. These are called triggers and can be stopped in their tracks. With good planning these become insignificant. Remember this is your choice and an exciting adventure, an adventure of discovery. Just follow the WOOP!





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5. **WOOP** - Identify an event or situation that you previously would of drank in or one that brings up uncomfortable feelings. You can WOOP for all and every occasion.

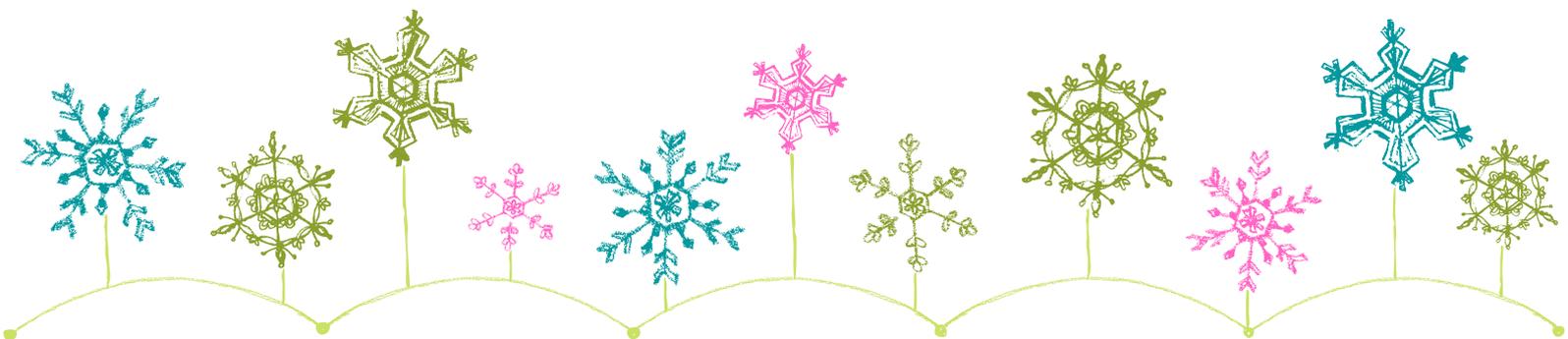
WISH - If you could make a wish for the perfect outcome, what would it be? Maybe "To remain alcohol free on Christmas Day, not feel deprived or uncomfortable and have a fantastic day, laughing, chatting, enjoying time with family and wake up Boxing Day hangover free." Make a note of your WISH.

OUTCOME - So you did it you achieved your WISH, all went to plan and you have the best result you could wish for. What is the outcome? How do you feel after this? How will achieving this impact on you and possibly others around you. Give this some thought and make a note of your OUTCOME.

OBSTACLE - What could get in your way? Is there anything holding you back? Is there anything that could get in the way of you achieving your WISH? " Feeling deprived or excluded from a toast" No matter how big or small, make a note of any OBSTACLES.

PLAN - Look at your obstacles. Plan what you will say, conversation to make. What you will drink. If you need time out, where will you go and what will you do " maybe go to the toilet and take some breathes" " Have your lovely alcohol free drink of choice at the ready", " how will you manage if uncomfortable emotions arise?" Make a note of all elements of your PLAN.

6. **SELF - CARE** - Make time for you, whether it is exercising, meditating, journaling, crafting, a nice hot bath, reading your favourite book, losing yourself in a fabulous film or connecting with nature. Ensure each day you make time for YOU!





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7. **SOBER TREATS** - Definitely part of your self care. NEVER underestimate the amazing thing you are doing for your body and mind. Without alcohol in the mix your body and mind can function in a much healthier way. Treat yourself, You Deserve it. I know it is less easy in our current situation to do the things you previously would of. However there is still time to book a beauty treatment or massage. How about a truly relaxing and balancing session of Reiki or Reflexology or a home pampering session - stock up on some treat products.

Order a delicious takeaway or cook your favourite meal. Fed up with thinking about what to cook? Why not try one of the home delivery companies, such as Hello Fresh and experiment with something different.

The list for treats is endless and personal to each individual. So spend some time thinking about what makes YOU feel good and treat yourself!

8. **LOG IT!** - You are embarking on a wonderful adventure, a time of true discovery. You may be journaling already, which is great. However if you are new to journaling, order yourself a lovely notebook. Write in it everyday, I would suggest morning and evening and whenever the fancy takes you. Really note how you feel , any bright spots during that day, what you did and what felt good?

Any less comfortable moments and what helped you to come through those.

9. **STAY CONNECTED** - Find your support and stay connected to it. This could be others on their sober adventure, a friend or family member that are supportive. Post on SoBeYou facebook and get support form others on this amazing adventure.

10 . One thing I can guarantee

"You Will Never Regret Not Drinking"

