

SOBER BLISS

10 Steps to Beat Wine O'Clock

Getting past that first difficult moment when wine o'clock strikes usually means that you can carry on the rest of your evening and *NOT drink*.

When a craving strikes, what do you do?

Trying to white knuckle through wine o'clock or talking yourself out of having a drink are never the best strategies to use.

Try these ten things instead:

1. Treat Yourself

Instead of making yourself feel deprived because you are not drinking. Treat yourself so something amazing or delicious. See wine o'clock as treat o'clock!

2. Hydrate

Cravings come about because we are often thirsty. Drink water during the day and at wine o'clock fix yourself a delicious refreshing non-alcoholic drink. Have fun and experiment!

3. Get Outside

Being outdoors surrounded by nature really does have the power to lift your mood. Go for a walk somewhere inspiring or put on some uplifting music or motivational talk and power walk your way through wine o'clock.

4. Read

I never read so much as I did when I first quit drinking! Read anything you can get your hands on and lose yourself in the story. Read quit lit, sobriety blogs, or articles to learn, entertain or empower yourself when the 'witching hour' strikes.

5. Move (your body)

Do not sit on the sofa going crazy. Do something! This is the perfect time to declutter a cupboard, blitz your wardrobe or clean the bathroom. Cleaning and tidying are great stress busters and are hugely therapeutic.

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6. Write

Writing down your feelings, thoughts, hopes or dreams is a fantastic way to get things out of your head and into perspective. Turn wine o'clock into your journaling time and work on your inner self.



7. Exercise

Regular exercise boosts endorphins which are your feel-good hormones. Exercise also reduces stress, makes you fitter and leaves you feeling great. Swap your cravings for some physical exercise and feel fantastic!

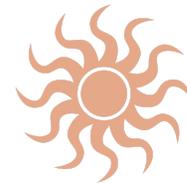


8. Be positive

If you are feeling down, sad or annoyed that you are not drinking, then always, always, focus on the positive instead. Say nice things to yourself, write a list of all the good things you will experience by not drinking or just think about how so much happier you and your family will be.

9 Meditate

A regular meditation practice of just 10 minutes a day has the power to transform you from stressed to calm and if wine o'clock is stressing you out then try a bit of mediation. Even if you've never done it before, sit down with a guided meditation for a few minutes and feel the shift. You will come out feeling much calmer and more relaxed.



10. Think of the Mornings

This got me through many a difficult moment. Just knowing how great I would feel the next day after a proper, sober nights sleep was usually enough to make me realize what I would be giving up if I had a drink.

How amazing will it be not to be hungover?

Beautiful early mornings are waiting for you.

I hope you find these ten tips helpful.

Remember that if you are struggling then don't struggle alone.

You can quit drinking. I can help.

Join me for six weeks of [one to one coaching](#) and beat wine o'clock forever!

