



#FindYourOasis

Tips to help you cope during
lockdown before reaching
for a drink





Top tips




Find a support network to confide in

**Plan ahead-times when you would usually drink at home
Think about what you will do instead**

**If you would normally drink during certain activities
when you go out consider avoiding them for a while as
we come out of lockdown**

**Prepare for reactions from friends, remember you don't
have to explain yourself, but also you can be honest if
you feel comfortable**

**If you do go out and it gets tough, don't be afraid to go
home**

A background image featuring clusters of small, light purple flowers with delicate petals, arranged in a circular pattern around a central dark blue circle. The flowers are set against a rustic, light brown wooden surface with visible grain patterns.

**“Reward yourself!
Whenever you pass up a
drink give yourself a high
five and treat yourself
for making the
right decision”**

Bee Sober

Wellbeing

Create new traditions that don't involve alcohol

Breath awareness

Meditation/mindfulness

Reading quotes to feel less alone

Yoga

Do one thing a day for yourself each day

Pamper session

Practice gratitude, list 3 things a

Keep a journal

Relaxing bath with a book

Crystals & essential oils

Time away from social media/the news

Try not to focus on what you can't control

Forgive yourself for past mistakes, try to be present,
you're doing your best!

Have a routine

Eat healthily, cook as a family





**“I’ve taken up
knitting after
40 years,
& am knitting
for charity, it’s very
therapeutic!”**

Relaxing

Reading

Looking after house plants

Cooking nice meals

Playing games

Listening to music/podcasts

Tea and biscuits

Shopping online

Warming fruit teas


Watching boxsets

Chocolate as a treat

Playing an instrument

If seeing friends take a drink you enjoy



The background image shows a bathroom with white tiled walls. In the foreground, there are several houseplants: a large green leafy plant in a silver pot on the left, a hanging plant with long thin leaves on the right, and a smaller plant in a white pot at the bottom. A shower area with a silver showerhead and a wooden stool is visible in the background.

**“I’ve really got
into house plants,
made my home into the
start of a jungle!
I spend time researching &
I’m learning how to
propagate, it’s been
really calming”**

Keep moving

Dog walks

Yoga

Couch to 5k

Bike rides

Walks in the fresh air

Escape to the forest

Zoom exercise classes

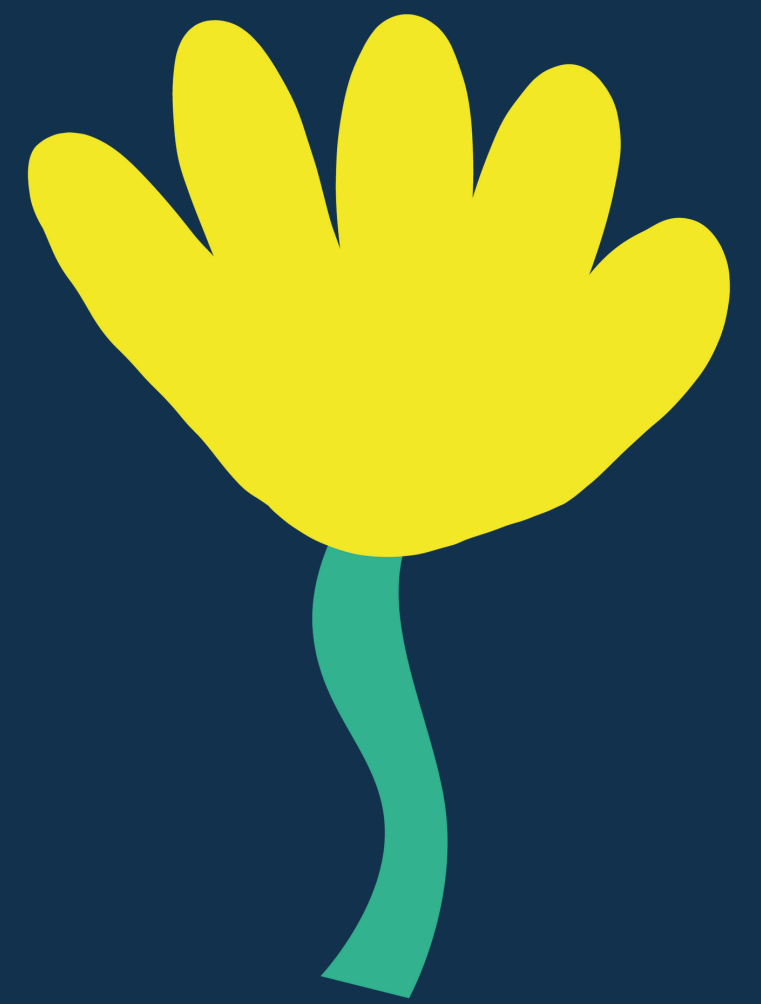
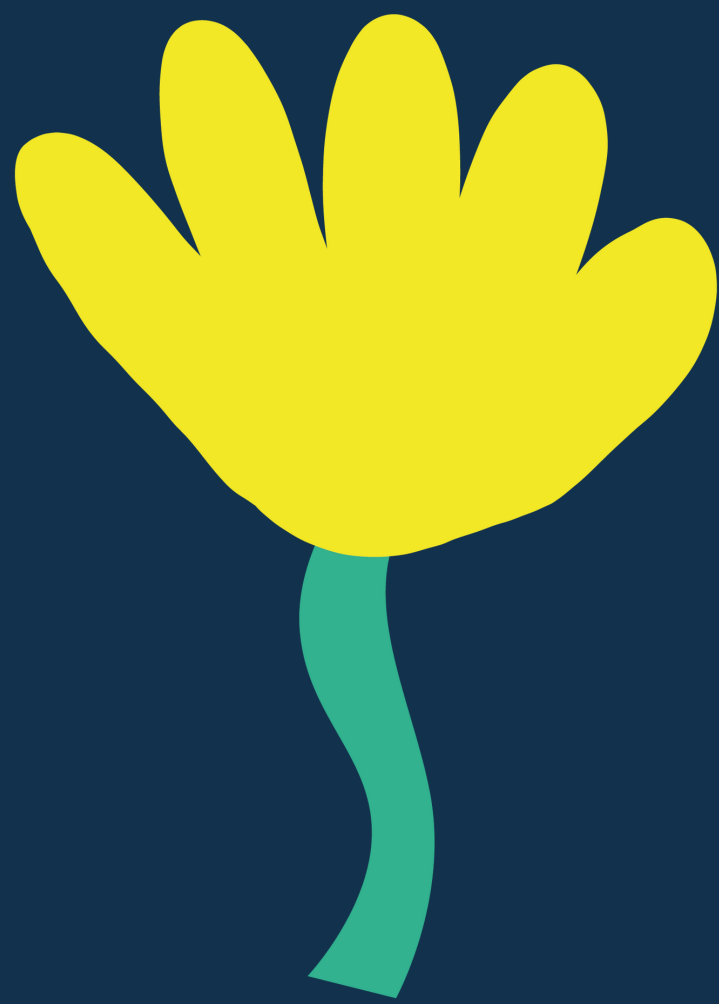
Nature walks

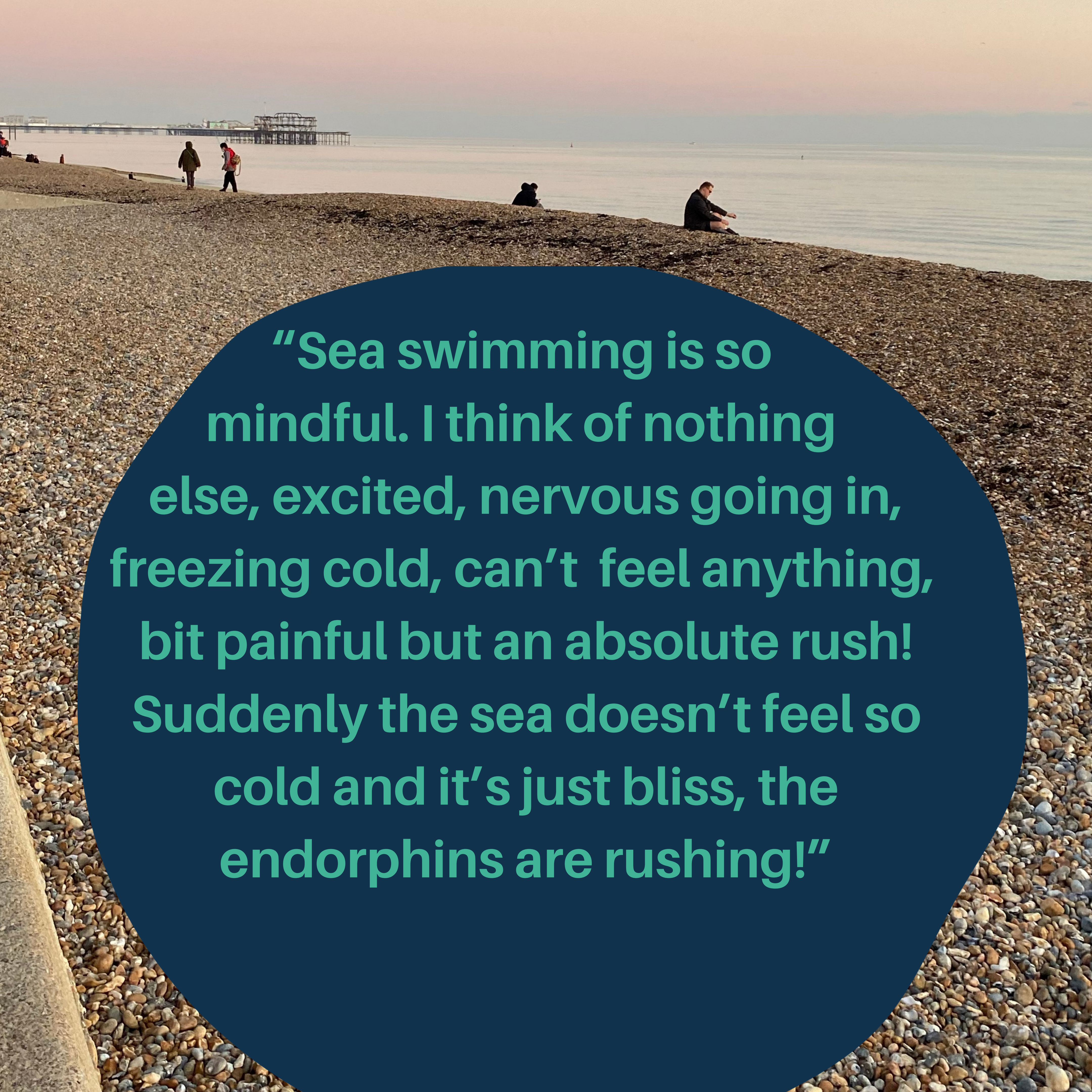
Beach runs

Sea swimming

Exercise bike

Morning walk





**"Sea swimming is so
mindful. I think of nothing
else, excited, nervous going in,
freezing cold, can't feel anything,
bit painful but an absolute rush!
Suddenly the sea doesn't feel so
cold and it's just bliss, the
endorphins are rushing!"**

Get crafty

Making macrame plant holders

Gardening

Painting & decorating

Knitting/sewing

Jewellery making

Film making/stop motion

Jigsaws

Colouring

Doodling



**"Making
cosy corners to sit and
study, re-organising the house
(massive de-cluttering) &
beach runs in the mornings.
Appreciating the little things
and forever thankful to myself
for my sobriety"**



Stay connected

Regular phone call check ins
with family

Zoom calls

Volunteer for a charity

Online fitness classes

Online games with friends

A stroll & coffee with a friend

Virtual afternoon tea together



**“Clarity,
reduced anxiety,
better focus to keep things
in perspective.
Not drinking allowed me to
fully support my children
who found being isolated
from friends & school
difficult”**



Prepare to....

Sleep better

Have less anxiety

Wake up refreshed, not hungover

Feel more patient, creative and energetic

Have more money and time

Have clearer skin and stronger
immune system

Remember everything you've done



Recommended links

[Cole Chance yoga classes](#)

[Funkfit dance class](#)

[TED talks](#)

[Happy Place podcast](#)

[Join the 30 day Sober Experiment](#)

[Future Learn for online courses](#)

[Open Culture for audio books](#)

[Headspace mindfulness app](#)





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**Please just
take it one day
at a time...
Be kind to
yourself**