



85 THINGS TO DO TO REPLACE

Drinking

Relax. Relief. Reward



Welcome

Hi I'm Sarah

I'm a Coach and Counsellor who supports people to change their relationship with alcohol.

I discovered my passion for helping others in this area at the age of 46, after facing my personal challenges with drinking, depression, and anxiety.

With over 20 years of experience in coaching, education, and leadership, it wasn't until I stopped drinking that I fully understood "The Joy of Missing Out." and the impact alcohol had had on my overall mental and physical well-being.

Since then, I've dedicated myself to extensive education on alcohol, neuroscience, addiction and how to support those in the grey area cycle of drinking.



**Grey Area Drinking and Lifestyle Coach,
Speaker and, Educator**

6 Things To Do Instead Of Drinking

This booklet offers suggestions for things you can do instead of drinking to Relax, Relieve and Reward yourself.

If you'd like more information and access to other free resources please visit my website

www.sarahconnelly.com.au

or contact me at sc@sarahconnelly.com.au

Wishing You All The Best On Your Journey

Sarah



FREE GUIDES

EXPERIENCE THE JOY OF MISSING OUT!



Here's a list of 25 relaxing activities to do instead of drinking:

- Practice Deep Breathing (4x4 breathing. Inhale to the count of 4, hold for 4, exhale for 4)
- Find a tree or bush outside your home and after work spend 5 minutes offering your worries to the branches before you go inside. You can pick them up tomorrow.
- Try a guided meditation to calm your mind.
- Go for a walk outside (bare feet on the grass is best)
- Take a warm bath or shower (Add essential oils or Epsom salts to relax more)
- Try gentle yoga or stretching
- Journal your thoughts (Write down what you're feeling, or make a gratitude list to shift your mindset)
- Read a good book or listen to an Audiobook
- Escape into a novel or learn something new through a non-fiction read.
- Listen to soothing Music or a Podcast
- Create a playlist of calming tunes.
- Drink a comforting Non-Alcoholic Beverage
- Sip on herbal tea, hot chocolate, or a fancy mocktail to treat yourself.
- Do a puzzle or crossword.
- Try drawing, painting, knitting, or crafting to engage your hands and mind.
- Cook or bake something delicious
- Focus on creating a healthy, satisfying meal.
- Watch a Feel-Good Movie or TV Show (Choose something lighthearted or inspiring to lift your spirits)
- Cuddle with a pet (Spending time with your furry friend can instantly reduce stress)
- Engage in a hobby you love
- Work in the garden, or build something.
- Call or text a supportive friend
- Connect with someone who uplifts you and have a meaningful conversation.
- Try mindfulness activities
- Do some colouring in.

Focused activities help us stay present and grounded.

To Relieve

Here's a list of 15 activities to find relief instead of drinking, particularly when you're feeling stressed, overwhelmed, or seeking to release tension:

- Exercise or move your body (do 10 push ups)
- Practice the physiological sigh (2 short breaths in through the nose, one long breath out and repeat 4-6 times)
- Engage in a quick workout, go for a run, or dance to release built-up energy.
- Scream or sing Into a pillow (Let out your frustration in a healthy, contained way to find release)
- Write an unfiltered journal entry (Let your thoughts flow without judgment to get everything out of your head)
- Punch a pillow or do a shadowboxing routine (Channel your stress into a physical, harmless outlet)
- Practice progressive muscle relaxation (Tense and release each muscle group to relieve physical tension or use the 11 minute practice on my site)
- Take a cold Shower or splash your face with cold Water
- Do a quick declutter (Organize a small area to create a sense of control and order)
- Chew gum or crunch on something crispy - Satisfy oral fixation while relieving stress with physical activity.
- Use a stress ball or fidget toy (Keep your hands busy and release nervous energy.
- Yell or Vent (In a Safe Space)
- Try breath-work for stress Relief (Try techniques like the 4 in - 7 hold - 8 release method to quickly calm your nervous system.
- Step outside and get fresh air
- Engage in a grounding technique (Use the 5-4-3-2-1 method (name things you see, feel, hear, smell, and taste) to center yourself (guided audio on my site)
- Laugh (Watch a funny video, read a comic, or call a friend who makes you laugh)
- Give yourself a hug.

To Reward

Here's a list of 25 healthy and enjoyable ways to reward yourself without drinking:

- Spend 3 minutes each morning before you get up savouring your clear head. Reward yourself for not drinking with moments of peace and appreciation for yourself.
- Give yourself internal high fives every time you choose not to drink. Create a feeling of reward for not drinking.
- Sit down and calculate all your savings for the month (alcohol, ubers, fast food, late night online spending)
- Buy yourself a treat (Splurge on a small luxury, like a scented candle, accessory, cosmetics, skincare item or indulgent alcohol-free alternative drink)
- Sit down and watch your favourite show with popcorn and a non-alcoholic drink
- Book a massage
- Plan a fun outing (Go to a museum, art gallery, or a local event you've been wanting to attend)
- Get a pedicure/manicure
- Enjoy a fancy meal or dessert (Cook or order something special to celebrate your accomplishment)
- Take a day off (Dedicate a whole day to doing only what you love—no work, no stress.)
- Take a nap
- Buy fresh flowers
- Treat yourself to a new experience (Try something new, like a pottery class, paddleboarding, or a concert)
- Upgrade your wardrobe
- Change your hairstyle
- Create a Home Sanctuary (Rearrange or decorate a space in your home to make it feel extra cozy and inviting)
- Spend time in nature.
- Go hiking, visit the beach, or have a picnic in the park to rejuvenate yourself.
- Invest in a hobby (Buy new supplies or equipment for a hobby you enjoy, like art, cooking, or gardening)
- Host a movie or game Night
- Celebrate with loved ones in a fun, alcohol-free way.
- Plan a weekend getaway
- Take a trip to a nearby city, national park, or relaxing retreat.
- Buy a good Book or audiobook (Choose a title you've been wanting to read and make time to enjoy it)
- Celebrate with a mocktail

To Reward

For high-sensation seeking folk, who love variety and achieving goals.

- **Invest in a course – something you’ve always wanted to do:**

- A new language
- A writing course
- A philosophy course
- Photography
- An art course
- Martial Arts
- Yoga teacher training
- Life coach training
- Dancing
- Fitness Trainer

- **Commit to a fitness/personal development goal**

- 75 Days Hard
- SEALFIT performance
- Whole Life Challenge
- 30 Days to Better Habits – James Clear
- MindValley Yoga Quest
- Whole30

- **Invest in your overall well-being**

- Buy a health tracker – seeing sleep and fitness scores is very motivating. Oura Ring is my preference, but there’s WOOP, Apple Watch and many others.
- Hire a functional Dr and get a whole body check – they will recommend the ideal supplements for optimal well-being
- Find a counsellor/psychologist and meet monthly for personal check-ins
- Do a DNA test and get a complete insight into your unique genetic make-up. This will also tell you your weaknesses (likelihood of addiction)



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DISCOVER
THE
JOY
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