



YOUR ULTIMATE AFTER-WORK RITUAL

FEEL CALMER, CLEARER, AND MORE IN
CONTROL

NO WINE REQUIRED



Welcome

Hi I'm Sarah

I'm a Coach and Counsellor who supports people in changing their relationship with alcohol.

If you find yourself reaching for a glass of wine most nights—even when you don't really want it—you're not alone.

I created this ritual because I once felt the same way. As a successful coach, business owner, and mum, I looked like I had it all together. But behind closed doors, alcohol was my go-to for stress relief, relaxation, and switching off. Until it started robbing me of the very things I wanted most: clarity, confidence, and connection.

What I needed wasn't more willpower. I needed a better ritual. One that gave me what I was truly craving: peace, presence, and emotional strength.

This guide is your first step. Let's build a new ritual together—one that works for you, not against you.

Create a ritual, repeat and enjoy,

The rest will follow,

Warmly,

Sarah



Grey Area Drinking and Lifestyle Coach,
Speaker and Educator



FREE GUIDES

EXPERIENCE THE JOY OF MISSING OUT!

Rituals

Why "Wine O'Clock" Isn't Working

After a long day, you want to create a distinction between your workday, and home life. And your brain and body want a signal that it's time to relax.

For many of us, alcohol becomes that shortcut.

The evening ritual has become a habit, and in the moment, it always feels like a good idea.

The problem?

It starts to steal more than it gives:

- You wake up foggy instead of fresh.
- Your sleep is restless.
- Your inner critic gets louder.
- Your confidence quietly erodes.
- You start to feel trapped.



The truth is:

Alcohol is a quick dopamine hit. The chemicals, when first released, make you feel calmer, and the racing thoughts switch off, for a while.

Building New Rituals

Your habit has been created through repetition and reward. The trick is to repeat a new behaviour, and reward that behaviour, so you can get the same reward through healthier, more powerful pathways.

What if you had a ritual that felt just as satisfying—but actually helped you feel better the next day?

The 5-Step Empowered After-Work Ritual

Create your own Powerful Pause.

STEP ONE

🔊 **Signal the Shift – Cue your body that work is done.**

- **Place your worries in a drawer** – *Before entering your home environment write them down and put them away, or visualise them being placed safely away for tomorrow*
- **Change into comfortable clothes** – *do this slowly and mindfully*
- **Step outside and take 3 deep breaths** – *Look at the sky, trees, get present*
- **Light a candle or incense with intention** – *Tell yourself it's time to relax*

STEP TWO

👉 **Move Your Energy – Release any tension**

- **Shake it out for 3 minutes**
- **Walk around the block with music you love**
- Take time for a **5-minute stretch**
- **Take a shower (cold is best)**



STEP THREE

🧠 **Teach Your Brain How to Relax without Alcohol**

Decide on a space where you can sit and relax for 5-10 minutes (not where you used to drink alcohol)

- **Brew a herbal tea and serve in a beautiful mug** (Lemon Balm, Chamomile, Passionflower are best)
- **Grab a non-alcoholic alternative that you love or pour a homemade creation** (lemon, lime and bitters, soda with berries/lime or tonic)
- **Play some soothing music, and drink slowly.**

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STEP FOUR

Let go of the day's weight - Write

Taking a few moments to put pen to paper offers multiple benefits, including creating distance between yourself and your thoughts. Importantly it shifts the brain from an emotional, reactive state to a more reasoned, reflective one which is crucial when navigating cravings.

Here are some prompts:

- What am I proud of today?
- Write 3 things you're releasing.

Scribble them out, then tear it up. Breathe again.

- What feelings am I trying to escape from?
What do they need from me?
- Write 10 things you are grateful for



STEP FIVE

Connect with Purpose - Boost Your Dopamine With Love & Connection

End your day in a way that fills you up.

- Sit with a partner, friend, child and ask them what they enjoyed about their day
- Take a pet outside and play
- Cook a dinner for your family
- Watch or read something funny - laugh!

AND REMEMBER. EACH TIME YOU CHOOSE YOUR HEALTH AND WELL-BEING OVER A QUICK FIX, TELL YOURSELF HOW AMAZING YOU ARE. DO THIS INTENTIONALLY AND CREATE A FEELING OF ACCOMPLISHMENT. IN TIME THIS WILL REPLACE THE REWARD YOU GOT FROM ALCOHOL AND REWIRE YOUR BRAIN



Create Your Empowered After-Work Ritual – Worksheet

Step One: Signal the Shift

What will I do to cue my body that the workday is done?

- ☐ Put my worries in a journal or box
- ☐ Change into comfortable clothes
- ☐ Step outside for 3 deep breaths
- ☐ Light a candle or incense

Other:

Step Two: Move Your Energy

How will I release the tension of the day?

- ☐ Shake it out for 3 minutes
- ☐ Go for a walk
- ☐ Stretch
- ☐ Cold or hot shower

Other:

Step Three: Teach Your Brain to Relax Without Alcohol

What will I drink instead of alcohol?

 Herbal tea (type: _____)

 Alcohol-free alternative:

- Music I'll play while I relax:
- Where will I sit that feels calming and alcohol-free?

Step Four: Let Go of the Day

Write in your journal:

- What am I proud of today?
- What am I releasing? (Tear it up after writing!)
- What am I really feeling?
- What do those feelings need from me?
- 10 things I'm grateful for:

Step Five: Connect with Purpose

How will I end the day in a way that fills me up?

- ☐ Talk or play with my partner/friend/child
- ☐ Spend time with my pet
- ☐ Cook something nourishing
- ☐ Laugh – what will I watch or read?

Other ideas:

Daily Reflection

What did I do instead of drinking today?

How do I feel right now (1-10)?

What can I celebrate about myself today?

Your Evenings Reimagined

Breaking the after-work drink habit isn't just about removing alcohol—it's about **replacing it with something more meaningful, nourishing**, and aligned with who you're becoming.

When you create new **after-work rituals**, you're not just filling time—you're reshaping your nervous system, rewiring your brain's reward pathways, and reclaiming your evenings as a space for renewal.

It's not about restriction—it's about expansion.

These practices regulate your stress, honour your needs, and celebrate your values

Whether it's a walk in the fresh air, a calming playlist, a journal session, or a nourishing alcohol-free drink in your favourite glass—you're teaching your brain: I can feel good without numbing out.

So tonight, pause. Breathe.

Ask yourself not **What do I need to escape from?**—but **What do I want to move toward?**

The answer? A life that feels like you—calm, clear, and fully present.

You deserve that.

Love



ABOUT ME

I'm a Coach and Counsellor who supports people in changing 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 caught in the grey area drinking cycle.



**IT'S TIME TO
DISCOVER
THE
JOY
OF MISSING OUT!**