

# SURVIVING TO THRIVING IN EARLY SOBRIETY

*When done right, sobriety is the best gift you will ever give yourself, but early sobriety can feel hard. Here are my top tips to help you get through the first 30 days.*

## 1 FIND YOUR SOBER COMMUNITY

From Instagram, Facebook, to local meet ups, there is a huge sober community out there now, people to inspire you can lift you up when things get tough (and there will be tough days). Some of the relationships I have made since giving up alcohol are by far the strongest and most authentic.

## 2 JOURNAL

Aside from your sober community, this is the most important thing you can do for your sobriety journey. It gives you a chance to be mindful of the decisions you are making, lets you be curious with your relationship with alcohol and also gives you the opportunity to look back and see what has worked for you and what hasn't.

## 3 EXERCISE

Distraction in those first few days, weeks and months is crucial. I signed up for everything I could to keep myself busy in the evenings. Exercise does not need to be only about improving your physical wellbeing, but also about improving your mental and emotional wellbeing.

## 4 FOCUS ON YOUR REASON WHY

You can get caught up in the negative reasons why you don't want to drink anymore. However, you are more likely to succeed if you focus on our reasons you want to stay alcohol free. What do you imagine your alcohol free life to be? Those reasons may change over time (mine have) but being pulled in the right direction is far easier than being pushed.

## 5 SET YOUR INTENTIONS

Setting your intentions and writing them down is such a powerful tool. Listing 10 ways you could improve your sobriety journey and then focusing on one thing at a time is far easier to achieve than overhauling everything at once. Small changes lead to bigger results. be disciplined, motivation will only get you so far.

## 6 READ QUIT LIT

'Quitlit' has exploded in the last five years. From science-based addiction support books (*Alcohol Explained* by William Porter) to female empowerment (*Quit Like a Woman* by Holly Whitaker), you have a wide variety of options that will help and inspire you on your journey.

## 7 RESEARCH, RESEARCH AND THEN RESEARCH SOME MORE!

Becoming curious about the effects of alcohol on the mind and body will only help strengthen your resolution to quit, and help with that all important mindset.

## 8 BE KIND TO YOURSELF

Sobriety is fe#cking hard to start, we all slip up. It took me a few years of stop, starts before I truly changed my mindset. Society has you believing that alcohol is the default for every situation. The fact you are struggling with it is not your fault, you are not alone in this.

## 9 BE PREPARED

You are going to have cravings, and having a plan on how you are going to deal with them is so important.

## 10 REACH OUT IF YOU ARE STRUGGLING

Connection is everything in sobriety, having people who have been there and already done it is extremely important. You will find nearly everybody that has been in your situation is willing and able to help you through tough times.