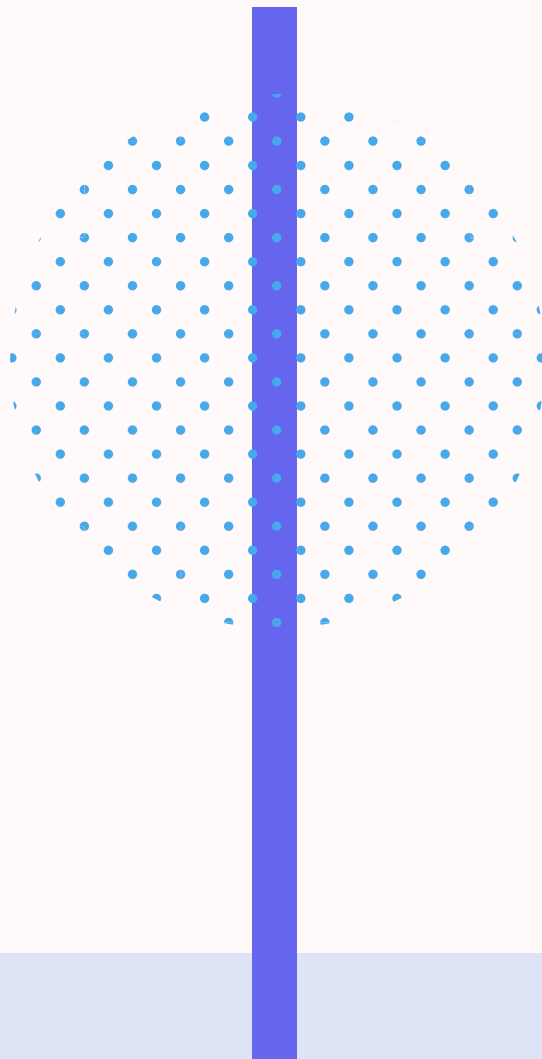


The Sober Club

Janey
LEE GRACE

SELF CARE TIPS

PART 1



SELF-CARE IS NON- NEGOTIABLE!

BREW YOURSELF A REALLY NICE HERBAL
TEA

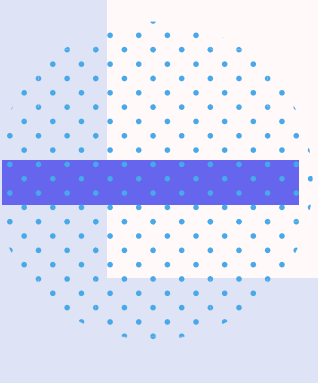
FIND A COUPLE OF FRIENDS AND GO
BOWLING

INDULGE IN A HOT CANDLE LIT BATH WITH
ESSENTIAL OILS, LAVENDER OR ROSE WORK
WELL.

SING HAPPY BY PHARRELL WILLIAMS

SIT COMFORTABLY AND MEDITATE FOR 5
MINUTES, SET A TIMER, FOCUS ON BREATHING
IN AND OUT, AND DON'T WORRY IF THOUGHTS
COME IN..JUST VISUALISE THEM AS CLOUDS
PASSING BY

BUY A GORGEOUS NEW NOTEBOOK AND PEN,
JOURNAL EVERY DAY, JUST JOT DOWN HOW
YOU ARE FEELING



DO WHAT FLOATS YOUR BOAT

TAKE A DOG FOR A WALK, IF YOU DON'T HAVE
A DOG, OFFER TO WALK NEIGHBOURS OR
FRIEND'S

PUT TOGETHER YOUR FAVOURITE MEAL, LIGHT
A CANDLE AND POUR A NON ALCOHOL G&T
AND DINE ALONE OR WITH A FRIEND OR
PARTNER,

SAVOUR EVERY MOMENT

WRITE A GRATITUDE LIST OF AT LEAST
TEN THINGS

WALK OR RUN IN NATURE, IN A PARK,
BY THE SEA, OR AT THE VERY LEAST ON A PATCH
OF GRASS.

BREATHE DEEPLY IN FOR A COUNT OF
FOUR, AND OUT FOR FOUR





IN NO PARTICULAR ORDER...

HAVE A LIE DOWN, ON A MATT OR THE
FLOOR WITH YOUR KNEES BENT, ARMS BY YOUR
SIDE - IT'S GREAT FOR YOUR POSTURE

WATCH A REALLY CHEESY COMEDY AND
LAUGH OUT LOUD

WATCH A ROMANTIC FILM OR A PROPER
WEEPY AND HAVE YOUR TISSUES AT THE READY

PUT FRESHLY LAUNDERED SHEETS ON
YOUR BED

CREATE A VISION BOARD, GATHER
MAGAZINES, NEWSPAPERS, PENS GLUE AND
SCISSORS AND A BIG BOARD OR PIECE OF CARD
AND GET CREATIVE

PLAY PING PONG

DRAW OR MAKE A COLLAGE THAT
REPRESENTS HOW YOU ARE FEELING



TREAT YOURSELF TO AN AROMATHERAPY MASSAGE, OR A HEALING TREATMENT, IF FUNDS ARE TIGHT, GIVE A FRIEND A FOOT MASSAGE AND ASK FOR ONE BACK!

BUY OR BORROW A MINI TRAMPOLINE AND BOUNCE - ITS IMPOSSIBLE NOT TO SMILE WHEN YOU ARE BOUNCING LIKE TIGGER

LISTEN TO JANEY'S PODCAST WHICH HAS SELF CARE TIPS SUCH AS AN EPISODE OF ALCOHOL FREE LIFE WITH LOTTA DANN,

MAKE YOURSELF A FRESH GREEN JUICE OR SMOOTHIE WITH FRESH GINGER, APPLE, CUCUMBER AND SPINACH

COUNT HOW MUCH MONEY YOU ARE SAVING BY NOT DRINKING, PLAN A DAY OUT, A WEEKEND OR EVEN A WEEK AWAY IN SIX MONTHS' TIME WITH THE MONEY SAVED

REMEMBER ITS GOOD SELFCARE TO CHOOSE TO LOOK AFTER YOURSELF

AND GIVE
YOURSELF A
HUG!