

The Sober Club

*Janey*  
LIFE COACH

# Get the BUZZ Without the BOOZE

## 90 Day Online Course

WORKBOOK

**Body and Mind**

MODULE 3

[www.thesoberclub.com](http://www.thesoberclub.com)

## LESSON A - SELF-CARE, SLEEP, RELAXATION AND EXERCISE

**We can all take a certain amount of stress but restorative sleep is key and doesn't always come easily early in sobriety. If sleep is an issue for you. Check your sleep 'hygiene'...**

**Is your room temperature right (on the cool side)?**

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**Are you removing the electronic devices from your bedroom?**

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**How are you winding down before you go to sleep?**

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**Breathing Techniques can be powerful. Naturopath Ciara Jean Roberts suggests this simple breathing exercise:**

### **The Coherent Breath**

The breath brings us back home and away from being so interested in chaotic thought patterns. Coherent breath is a breath technique where you simply breathe in through the nose, smoothly and effortlessly. Breathe for the count of 6 seconds, and then breathe out through the nose for the same length of 6 seconds. This stimulates both aspects of the nervous system evenly - so the inhale activates sympathetic nervous system to aid focus, action and drive, the exhale stimulates the para-sympathetic nervous system, the move that facilitates restfulness and surrender.

By breathing deep into the belly (of course one can build up to 6 seconds if it's too much at first), the key breathing muscle, the diaphragm, moves and this influences the body/mind system hugely. This technique, when practised for 20 minutes daily, will re-calibrate your entire wellbeing. You can also draw upon it in shorter amounts when you begin to feel the rise of overwhelm or tension. It's all about providing your body and mind with the message of safety.

## EXERCISE AND MOVEMENT

**How are you moving your body regularly?**

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**If you are new to exercise ask yourself what you enjoy doing?**

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**How do you relax?**

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**Is there a relaxation practice that you could try?**

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**How do you practice self-care?**

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**What can you try that's new for you? (see the resources list for inspiration)**

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## ACTION STEP

**Ensure your sleep hygiene is good.**

**Book yourself into some form of exercise whether that be a class, group session or just an appointment with yourself to go swimming or for a run.**

**Listen to one of the podcasts where we talk about self-care.**

**Research good somatic experts in your area and book yourself in for a treatment, aromatherapy, massage, Tui Na, TRE session, or perhaps kinesiology or reflexology.**

## LESSON B - MENTAL AND EMOTIONAL WELLBEING, MINDSET, MEDITATION AND VISUALISATION

**Ditching the booze sadly doesn't take away all our angst in one hit, there's often some digging around to be done and sometimes some deep inner work. Start by asking yourself –**

**What's underneath it all? Why did I start drinking? What feelings or emotions am I trying to numb out?**

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### ACTION STEP

**Try keeping a gratitude list.**

**Try journaling, writing a 'stream of consciousness' every morning without editing.**

**Try doing some EFT on yourself and watch the video on bringing down cravings.**

First determine a specific issue you want to address, give yourself a benchmark for the intensity of the physical or emotional discomfort you feel from the issue, so if you feel intense pain, or intensely stressed it's a 10, if it's mild, it's a 2.

Then you need a set-up phrase which accepts that there is a problem, but also that states that you accept yourself. As you say the set-up phrase ideally 3 times, you need to be tapping on the side of your hand – often known as the karate chop point.

***'Even though I have this craving for a glass of wine, I deeply and completely love, trust and accept myself'....(x 3)***

Then you start the round of tapping on the meridian points, tap on each point several times, using either hand is fine, following the sequence:

- **eyebrow**
- **side of the eye**
- **under the eye**
- **under the nose**
- **chin**
- **beginning of the collarbone**
- **under the arm**
- **top of the head**

As you tap you say a reminder phrase that focuses on the problem... ***'I'm craving alcohol'....'still got strong cravings for alcohol'***...or whatever the issue is.

Repeat the whole sequence two or three times, you can change the phrase slightly as you wish and as you finish, take a deep breath and rate your intensity level again – rating from 0 to 10. Often you will find that the level of intensity has come down, if not, repeat the sequence again.

### **Try meditation**

Most of us are aware of the proven benefits of mindfulness and meditation. Start by setting a timer on your phone for 5 minutes if you are new to it or go for a 'meditation' walk in nature.

**If you know you would benefit from addressing some issues, see which kind of support / treatment or therapy resonates with you, or if you suffer from anxiety or depression now is the time to seek help. Don't wait! There is so much out there now ranging from free therapeutic sessions and counselling through to rehab and meditation retreats.**

## LESSON C - GETTING SOCIAL- HOW TO DEAL WITH RELATIONSHIPS AND THE SOCIAL SCENE AND WHAT TO DRINK?

If you are at the start of the journey you may be fearful of getting social when sober. It's all in the preparation. Firstly, ask yourself about each invitation...

Do I want to go? If it's a no, then it's good self-care to decline. What will be your response when friends and colleagues question why you aren't drinking?

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What are you looking forward to about going to a particular social event?

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Can you plan ahead for any obstacles you may encounter?

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Do the H.A.L.T exercise.

What alcohol free drinks do you like?

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### ACTION STEPS

Look at your diary and plan what social events if any you have coming up.

**Can you arrange to meet friends in a setting without alcohol?**

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**Plan ahead how you will get there, what you will say to friends and how you will get home.  
Plan what you will drink! Investigate alcohol free drinks.**

**Write down your favourite non-alcoholic drink?**

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**Can you come up with a recipe for a yummy AF cocktail?**

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**Reward yourself with planning at least one activity you really enjoy.**

## LESSON D - SETTING GOALS, THE FUTURE YOU ARE JOURNALING, VISION BOARDS

**Remember you are the pilot of your life.**

**Create a vision board, set aside two hours of time with a huge pile of magazines newspapers, crayons, glue and scissors.** What ended up being on your vision board that surprised you?

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**Have you thought about how balanced your life is?** Complete your version of the wheel of life and see if you need to redress the balance in some areas to make the whole run more smoothly. **Write down your top 5 values in life (read the values list info in resources.)**

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**Read at least the blog post about Bronnie Ware's book 'The Top 5 Regrets of the Dying'.**

**Well done you have completed the course, though it's all a work in progress!**

**Please share your successes on the Facebook group, if you want one to one coaching please get in touch and above all pat yourself on the back, give yourself a big hug. Sobriety Rocks!**