

Ways to succeed:

Buddy up

Ask a friend to join you in the Sober October Challenge and help each other stay accountable.

Find substitutes

Choose some alcohol-free drinks ahead of time, such as tea, kombucha, or mocktails.

Try new things

Explore new hobbies and venues that do not involve alcohol.

Your Wellbeing Activity **Sober October**

Make this month a sober October. As the month goes on, take note of any differences in your mental health, sleep quality, work-life balance, financial wellbeing, relationships, and physical health.