

Sober Curious November: A Fresh Take on Mindful Living

“Press Pause: Try Sober Curious Living This Month”

November is a month of reflection — a time to slow down, give thanks, and reconnect with ourselves. What better time to ask a simple but powerful question: *What would my life look like with less (or no) alcohol?*

Welcome to **Sober Curious November** — 30 days of exploring your relationship with alcohol in a non-judgmental, mindful way. This isn't about labels or long-term commitments. It's about curiosity, clarity, and choice.

What Does It Mean to Be “Sober Curious”?

Being sober curious doesn't mean you *have* to quit drinking forever. It means you're open to:

- Asking why you drink — out of habit, stress, social pressure?
- Noticing how alcohol affects your mood, sleep, and energy
- Exploring what's possible when you're fully present
- Trying out social events, celebrations, or evenings *without* alcohol

Why Try It in November?

- Seasonal reset before the holiday rush
- Better sleep, more energy, and a clearer mind
- Discover new ways to connect without a drink in hand
- Focus on goals before the year ends



How to Get Started

Set a Timeframe: Try going alcohol-free for the full month — or even just a few weekends.

Stock Up on Alternatives: Sparkling water, herbal teas, mocktails — keep your hands busy and your brain satisfied.

Track How You Feel: Note your sleep, mood, focus, and cravings. You may be surprised by what you discover.

Explore Resources: You don't have to do this alone. Whether you're sober curious or seeking deeper support, there are welcoming, nonjudgmental spaces where you can share, listen, and connect.

Tell a Friend: Accountability helps! Maybe they'll join you.

Try This:

Swap one night out this month for a cozy evening in with a new book, a warm drink, and a clear mind. See how it feels.

Whether you go alcohol-free all month or just dip your toe in, know this: every mindful choice matters. Sober curiosity isn't about restriction — it's about freedom. Freedom to feel good. To be present. To choose what *really* serves you.

So, this November, let's get curious. You might just surprise yourself.

**For more information, tools, resources, or app information, call your
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for you & your family.**

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