

12

things to do to **STAY SOBER** throughout the day.

BY:



- PRAY THE SERENITY PRAYER MULTIPLE TIMES A DAY**
Recite it hourly for best results. Each time, dedicate that prayer to a challenge that you are facing at that very moment. Look up hourly and ask your higher power for help or to say thanks.
- CREATE A 'GRATITUDE LIST'**
Each day, be thankful for at least 5 things. Try to come up with many different things you are grateful for in your life. Your SOBRIETY can always be #1. Review this throughout the day when you are feeling yourself slip or anxiety starts to creep in.
- JOURNAL**
First thing in the morning is a great time to write down your thoughts and feelings. How are you feeling at this particular moment? Write down a prayer or thought to your higher power. Date these journal entries and reflect back on them. It's therapeutic and you will be amazed to see your growth.
- MEDITATE**
Start by meditating for 3 minutes. You can do this a few times a day. It will keep you focused on the present moment. Deep breaths will calm you down and get you centered for the moment. There are great 3 minute meditations you can download for free.
- RECITE THE 'SOBER SLOGANS'**
Work with a few slogans that are meaningful for you each day. Rehearse the slogans and dedicate them each hour to memory. Recite them with faith and aim them at a challenge. You will have confidence and strength to overcome those challenges.
- EXERCISE**
Go for a brief walk, close your office door and stretch, or workout. Get the blood moving through your body. This creates movement keeping your body working and your mind busy.
- DRINK WATER**
Lots of it. If coffee is your thing, limit to just a couple of cups. Too many can make you jittery and anxious. Water will cleanse your system and make you feel full, light and clean.
- READ**
A sober blog. A daily inspirational book. Read a story about someone who got sober, what their bottom was like and how they recovered. Focus on what their lives are like now. It puts your particular scenario into perspective and will make you feel grateful. Reflect on the inspiration and how it can apply to your day.
- CALL A SOBER FRIEND**
The friend you just met at a meeting, the friend that is helping you along, your accountability partner; reach out to them. Touch base with them daily; even if it's just a text to check-in. Fellowship is an amazing gift and it will keep you sober.
- GO TO A MEETING**
Find a 12-step meeting that suits your needs and personality. Say to your higher power before you walk in, "God help me hear what I need to hear and say what I need to say."
- SMILE**
Smiling is contagious. You have a lot to be happy about, you are sober. Smile at the people you walk by and interact with. It's a natural 'high' and others around you will see your glow and be compelled to smile back.
- DO THE NEXT RIGHT THING**
It's that simple. You know you can't drink and use anymore. You know instinctively how to treat your fellow neighbor. Do that daily and you will be amazed at how better your life is.