



# Sober Days Challenge

## CHALLENGE DESCRIPTION:

Are you ready to reset your relationship with alcohol and give your health a boost? Join us on a transformative month with the Sober Days Challenge, where you will commit yourself to a “dry” month of sobriety, in order to see numerous benefits for both your mental and physical health.

## WHY ABSTAIN FROM ALCOHOL?

Abstaining from alcohol can lead to better sleep, improved mental clarity, and even weight loss. It can also **reduce the risk of chronic diseases** and provide a sense of accomplishment.

**Canada’s Guidance on Alcohol and Health** provides evidence-based advice on alcohol to support people in making informed decisions about their health. **This recommendation** states that people should stick to **two standard drinks or less per week** to avoid alcohol-related consequences for yourself or others.

- **No Risk:** 0 drinks per week
- **Low Risk:** 1-2 standard drinks per week
- **Moderate Risk:** 3-6 standard drinks per week. Your risk increases for developing various types of cancer.
- **Increasingly High Risk:** 7+ drinks per week. Your risk of heart disease and stroke increases.

One standard drink means:

- 12 ounces/350 ml of beer (5% alcohol)
- 12 ounces/350 ml of a cooler or cider (5% alcohol)
- 5 oz/150 ml of wine (12% alcohol)
- 1.5 ounces/50 ml of spirits (40% alcohol)

## Disclaimer

It’s important to approach the topic of alcohol consumption with sensitivity and awareness. We recognize that alcoholism is a serious and complex issue that affects many individuals and their loved ones. It’s important to understand that this challenge is not presented as a simple solution to such a significant matter. Instead, our aim is to offer support to those who find themselves drinking above the recommended guidelines and wish to develop a more mindful relationship with alcohol. This initiative is designed to encourage individuals to reflect on their drinking patterns and to prioritize their health and well-being. If you or someone you know is struggling with alcoholism, we urge you to seek professional help and support from local resources.

# SOBER DAYS

## THE CHALLENGE

Your challenge is to abstain from drinking any alcohol for one month. Whether you feel that your alcohol consumption is higher than the recommended limits or not, taking a break from alcohol can help you reassess your drinking habits and their impact on your health. Mark off each day on the calendar below that you do not have any alcoholic drinks.

### Tips:

- **Prepare Your Environment:** Remove alcohol from your home to avoid temptation.
- **Find Support:** Find a friend or family member to take the challenge with you.
- **Discover Alternatives:** Experiment with non-alcoholic drinks such as mocktails or non-alcoholic beer.
- **Stay Active:** Engage in regular physical activity to boost your mood and energy.
- **Reward Yourself:** Set milestones and treat yourself for reaching them.
- **Reflect:** Keep a journal of your feelings and experiences throughout the month. Try to understand where your drinking motivations come from and whether it may be more internal or external pressure.
- **Cheat Day Option:** If you choose, allow yourself one cheat day, but plan it carefully and stick to your limits.

### Your 30-Day Calendar

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

## CHALLENGE COMPLETE!

As the month concludes, reflect on the changes you’ve experienced. Has your sleep improved? Do you feel more energetic? Consider how you can incorporate these positive changes into a long-term lifestyle. This challenge is designed to be an encouraging and supportive experience. It’s about making a commitment to yourself and noticing the positive transformations that come from it. Congratulations on taking this step towards a healthier you!



# Congratulations on completing the **Sober Days** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

