

S	O	B	E	R
Watch TV/ Movies	Change your Routine	Go to Meetings (AA NA)	Sports	Meditation
Go for a Walk	Use a Stress Ball	Partake in Hobbies	Deep breathing	Sing
Understand how you feel	Write a Story or Poem	FREE	Eat Healthy	Keep a Positive Attitude
Laugh	Talk to a Counselor	Listen to Music	Hang out with Family	Paint
Hang Out With Sober Friends	Exercise	Say Positive Affirmations	Yoga	Go to Groups

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Write a Story or Poem	Deep breathing	Sports	Go for a Walk	Partake in Hobbies
Go to Meetings (AA NA)	Yoga	Meditation	Exercise	Sing
Laugh	Eat Healthy	FREE	Keep a Positive Attitude	Change your Routine
Hang out with Family	Say Positive Affirmations	Watch TV/ Movies	Go to Groups	Talk to a Counselor
Listen to Music	Paint	Understand how you feel	Use a Stress Ball	Hang Out With Sober Friends

S	O	B	E	R
Exercise	Say Positive Affirmations	Deep breathing	Paint	Eat Healthy
Watch TV/ Movies	Laugh	Listen to Music	Use a Stress Ball	Meditation
Understand how you feel	Go to Groups	FREE	Talk to a Counselor	Hang out with Family
Write a Story or Poem	Sing	Sports	Yoga	Go to Meetings (AA NA)
Keep a Positive Attitude	Change your Routine	Partake in Hobbies	Go for a Walk	Hang Out With Sober Friends