

Top 10 Tools to Stay Sober in 2021

1. Attend as many AA meetings as possible AND participate.
2. Get a Sponsor and work the steps.
3. When tempted think the drink through and remind yourself WHY you stopped.
4. Practice Gratitude first thing in the morning and last thing at night.
5. Take care of your body, eat right, sleep right, exercise and drink lots of water.
6. Watch videos about the devastating effects of alcohol and listen to podcasts focused on sobriety.
7. Reach out to others in need with a text, email, voice message.
8. Get a sobriety app to track your days sober and dollars saved.
9. Embrace the cold, shut off the hot water.
10. Become an active part of a community - online or in person - and remember that the difference between Wellness and Illness is WE not I.

Many of the tools above can be found here:

<https://transitionsdaily.org/pandemic-resources>