Pick One That Fits the Moment

It takes time to build a coping menu that meets your needs! Here are some suggestions to get you started.

Drink

If I feel like I need to have an alcoholic beverage or miss the evening ritual:

- Make a new non-alcoholic drink (sparkling water + citrus + herbs)
- Keep a favorite NA option chilled and ready
- Buy a "fancy" tea (hot or iced) just for evenings
- Use a special glass or mug you love

Comfort

If my body needs comfort:

- Take a hot shower or bath
- Wrap up in a cozy blanket
- Use a weighted blanket or heating pad
- Stretch, do gentle yoga, or lie on the floor
- Rub in a lotion or oil with a scent you love

Distraction

If I need a distraction to ride out the feelings:

- Put on a comfort show or favorite movie
- Listen to a podcast or audiobook
- Take a walk while listening to something engaging
- Set a 10-minute timer and revisit the urge afterward

Connection

If I need connection or relief. Because loneliness and stress amplify urges:

- Text someone safe
- Sit near other people (coffee shop, library)
- Remind yourself: "This feeling will pass."
- Revisit your why (health, clarity, energy, sleep)

Grounding

If I need sensory Input, I can ground through my senses:

- Light a candle or incense
- Eat something crunchy, sour, or sweet
- Hold something textured (stone, fabric, stress ball)
- Punch a pillow or do a series of wall pushes.

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