

# Ways to succeed:

## **Buddy up**

Ask a friend to join you in the Sober October Challenge and help each other stay accountable.

## **Find substitutes**

Choose some alcohol-free drinks ahead of time, such as tea, kombucha, or mocktails.

## **Try new things**

Explore new hobbies and venues that do not involve alcohol.



## Your Wellbeing Activity **Sober October**

Make this month a sober October. As the month goes on, take note of any differences in your mental health, sleep quality, work-life balance, financial wellbeing, relationships, and physical health.



**Gallagher**

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