



More life. Less hangovers.



Feel-Good Alternatives to Drinking

Sometimes it helps to have a few go-to options when you're trying to shift your routine. These ideas support your mental, emotional, and physical well-being—and give you something to look forward to.

Ideas to try:

Tap into local free spots: Visit your library for free books, movies, or events.

Find a quiet corner: Sit outside, people-watch, or just take a break from screens. A pause can shift your whole day.

Cook with what you've got: Use pantry staples to make something comforting.

Stay in and still connect: Host a virtual hangout, play games online, or send a check-in text. Reaching out goes a long way.

Take a walk: Even a few minutes outside can clear your head and lift your mood.

Start small, stay close: Light a candle, put on music, and let yourself just be. Sometimes the smallest shifts bring the most peace.

Listen to something new: Podcasts, audiobooks, or playlists are free ways to explore new ideas, moods, or stories.

Make something by hand: The act of making can be grounding. Doodle, sew, or build!

Try a challenge: A free online workout, 30-day declutter, or a daily gratitude habit—small goals can spark motivation.

Use what's around you: Pick flowers, people-watch at the park, or stargaze.

Write a letter: To a friend, family member, or even yourself.

Get curious online: Learn a skill, explore a topic, or follow a calming channel.

Join a local group: Look for community center activities, church events, or neighborhood meetups with free entry.

Find rhythm in routine: Simple habits like morning stretches or afternoon tea can become peaceful rituals with time. Even small shifts can create momentum. Choose one and see what happens.

See more stats and learn how cutting back helps:

Visit [LiveMoreNM.org/alcohol-stats](https://www.livemorenm.org/alcohol-stats) | Or call anytime: 833-796-8773