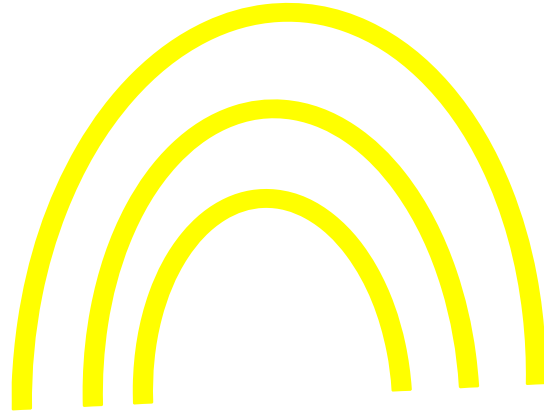




Sober Fun

In recovery it is important to make **new associations** with **fun** and **find joy** in **sober experiences**

You want your life to be rich with experiences that naturally stimulate the reward pathway in your brain and release dopamine to decrease your risk of relapse

Sober fun includes activities like **outdoor activities** such as hiking, camping, and biking, and **physical activities** like yoga, joining a sports league, or attending fitness classes. You can also explore **creative and cultural pursuits** such as learning a new language, taking a cooking or art class, visiting a museum, or joining a book club. **Social activities** like hosting a sober game night, attending a comedy show, or volunteering are also great ways to connect with others without alcohol or drugs.

Natural activities that release dopamine include...

Exercise

Getting sunlight

Cold exposure (holding ice cubs, cold plunge, cold shower, etc)

Engaging your senses (gardening, painting)

Achieving goals

Practicing mindfulness and meditation

Exploring hobbies

Learning new things

Spending time with loved ones

Write down at least ten ways you
plan to have sober fun...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Tips if you are still struggling

- Think of things that you used to enjoy as a kid that you have gotten away from you.
- Tie the activities into meaning: what gives you a sense of purpose and joy in life?

Pick at least two activities that you will do on a weekly basis and write down which day of the week you will do them at what time (if you operate off of a calendar on your phone, put them in your calendar!)