

How to Manage Stress without Overdrinking

Webinar transcript, April 9, 2024

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Adriana Cloud, Sobriety Coach: Okay, Hi, everyone, I'm going to get started because I have a lot to cover. Welcome to how to manage stress without overdrinking.

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Adriana Cloud, Sobriety Coach: But before we dive in. I have a couple of housekeeping notes I want to share.

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Adriana Cloud, Sobriety Coach: So first of all, as you have noticed, we are in Webinar style, so no one can see you. No one can hear you. You don't have to worry about your hair, although your hair looks fabulous, so don't worry about unmuting yourself. You cannot do that. So it's just going to be me. And I'm recording. And I'm just recording myself because there are a couple of people who really wanted to be here, but couldn't make it so. I want to make sure that I have to replay to share.

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Adriana Cloud, Sobriety Coach: So what else do I need to say, closed captioning is on. If you need to turn that on, you can toggle that on and off on your end.

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Adriana Cloud, Sobriety Coach: and there is no chat, but there is a Q&A somewhere. So

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Adriana Cloud, Sobriety Coach: if you have any questions for me, please just put them in the QA. And I have budgeted to leave time at the end to answer any questions while I'm speaking. I'm going to be sharing my screen, so it's going to be hard for me to look at the QA. But I will make sure to come back to it

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Adriana Cloud, Sobriety Coach: at the end. So the webinar scheduled for 1 h. I'm going to talk a lot because I just have so much I want to share with you. So it's going to be packed with useful tips and information. But again I will leave time at the end for us to cover any questions. So I think that's all of my housekeeping notes. So I'm just going to share my screen and get going.

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Adriana Cloud, Sobriety Coach: Okay? Hopefully, you can all see that. So here we are, how to manage stress without over drinking. Thank you again for making time to be here today. Thank yourself for making time to be here, because if you're here, it tells me that this is something that's on your mind. And you're wanting to really think about your relationship without call. And so I just want to celebrate you for doing that, because even that is already

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Adriana Cloud, Sobriety Coach: a big step. So if you're here today, you are here because you want to be more intentional when it comes to your drinking, and you want to interrupt the habit of mindless habitual drinking.

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Adriana Cloud, Sobriety Coach: and you want to be more resourceful. So you're looking for what else you could do to respond to stress that doesn't involve a bottle of wine.

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Adriana Cloud, Sobriety Coach: and you want to be overall, more resilient, so that when life does throw something stressful at you which will happen, because this is what life does, that you have? The emotional resiliency to be able to handle whatever that circumstance is, and whatever your current relationship without call is if you're drinking still, but thinking about maybe drinking less.

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Adriana Cloud, Sobriety Coach: if you're sober, but still struggling sometimes when the cravings come, or if you're sober, curious or trying to stay sober, but not quite managing it yet. Wherever you are, this is the right place to be, and what I'm going to cover today is going to be helpful to you.

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Adriana Cloud, Sobriety Coach: and wherever you are you probably are here because you're ready to feel in control around alcohol, and you want to have healthier

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Adriana Cloud, Sobriety Coach: tools in your tool belt. When it comes to responding to stress. You want to spend your time on the things that matter, and you also want to have better relationships, including your relationship with yourself. So I'm going to talk about all of these things.

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Adriana Cloud, Sobriety Coach: So first, we're going to talk about what the problem is. So why do we drink when we're stressed, and why Alco is not actually the solution that

many of us think it is. So I'm going to cover that. And I'm going to talk about what do you actually need to do to break that cycle of dependence between drinking, between stress and drinking. And I'm going to offer some practical tips

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Adriana Cloud, Sobriety Coach: about how to start unwinding even tonight, like you can start implementing these tips tonight for how to unwind without ending up blacking out and hating yourself in the morning.

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Adriana Cloud, Sobriety Coach: And I will also tell you a bit more about my one on one coaching program. If you are ready to take this work deeper, I want to tell you a bit about how I work with my clients, so that if you're interested in doing this long term for yourself, building more sustainable drinking habits. I wanna tell you how I can help you. And then in the end we will have time for QA. So

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Adriana Cloud, Sobriety Coach: for those of you who don't know me. My name is Adriana Cloud, and I am a certified life coach from the Lifeguard School. So I am trained as a mindset coach, which means that I'm trained to use the principles of cognitive behavioral therapy, and my area focus is over drinking. And so I'm trying to help people understand how they're thinking affects their behavior

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Adriana Cloud, Sobriety Coach: and how to change their thinking so that it changes their behavior and they start to change their lives. And I'm also a certified gray area drinking coach with Jolene Park for anyone who might happen to know her in her Norish method. And so that is a program that focuses on people who are trying to remove our call from their lives. And it's a holistic problem

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Adriana Cloud, Sobriety Coach: program

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Adriana Cloud, Sobriety Coach: that has taught me how to incorporate things like nutrition, breathwork movement, and other healthy and nourishing habits into one's life, and again specifically geared for people who have been drinking, but are looking to replace alcohol with something healthier and more joyful.

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Adriana Cloud, Sobriety Coach: and I'm the founder of shame, free sobriety. That's my signature one on one coaching program, where I help my clients to quit drinking or to

cut down on drinking, and just to really reshape the relationship with alcohol in a way that serves them. So

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Adriana Cloud, Sobriety Coach: for some of them that means never drinking again, because they've already played that game of moderation and cutting down and drinking again, and they're ready to be done, and for some of them is just cutting down to a point where they're drinking only on weekends, or only on special occasions, or just really being more mindful about how they drink. So whatever that looks like for them, I meet people where they are and help them to achieve those goals.

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Adriana Cloud, Sobriety Coach: And finally, I'm also just a bit over 3 years sober myself.

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Adriana Cloud, Sobriety Coach: I stopped drinking in December 2020, after 2 decades of almost daily drinking. It certainly was daily towards the end there.

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Adriana Cloud, Sobriety Coach: And so I know firsthand what it's like to get through the day, only bolstered by the thought of the wine waiting in the fridge, and I know what it looks like to worry that you drink it too much, but also to worry that you can stop because you're not really sure how you're going to make it through the day without having that easy button that softens the edges of whatever problems

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Adriana Cloud, Sobriety Coach: you have on your plate. So I've been there, and I know what that's like. But I also want to tell you that for me, getting sober was the best decision I ever made in my life, and

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Adriana Cloud, Sobriety Coach: it transformed my life in such a way that I felt called to change my career and retrain as a coach, and to use my experience and the coaching skills that I have learned to help other people create this change for themselves. So that's why I'm here. And that's why I want to talk to you about stress and drinking.

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Adriana Cloud, Sobriety Coach: So okay, let's dive in the problem

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Adriana Cloud, Sobriety Coach: with drinking to self stress. So 84% of people say that drinking is part of our culture. And this is why we drink. This is the main reason why we drink is because alcohol is everywhere around us. We are bombarded with messages that tell us that alcho is fun and good and normal and social, and

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Adriana Cloud, Sobriety Coach: if you've ever told a friend that you're having a hard day at work, I bet probably the first thing out of their mouth was, Oh, you sound like you need a drink, and we say to ourselves, if we're

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Adriana Cloud, Sobriety Coach: frustrated, or impatient or exhausted, like we think, oh, gosh! I really could use a drink right now. And it's completely normal because we just our culture normalizes drinking and makes it seem like, not only is it normal, but it's also kind of inevitable that that's what you would be doing if if you're an adult, and especially if you're an adult who's stressed.

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Adriana Cloud, Sobriety Coach: And the other reason we drink is because, especially when it comes to trying to relax is because alcohol works. And

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Adriana Cloud, Sobriety Coach: I say that kind of with quotation marks. But really, if it didn't work, we wouldn't be drinking, so there's no denying that when we drink, Alcho has this immediate effect of softening something and like damming down a little bit of whatever the harsh and urgent feeling we're feeling, and it works in 2 ways.

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Adriana Cloud, Sobriety Coach: The first is that when we drink alcohol it releases this huge amount of dopamine and serotonin in our brains, and those are the few good hormones. And, in fact, for some people it's like almost like a nephoric effect when they drink.

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Adriana Cloud, Sobriety Coach: And the second way that our call works is that it slows down the neurotransmitters in our brains, which are those the communication chemicals that communicate from one region of the brain to another, so the messages between the different parts of our brains will slow down. So it has the effect of this like mild sedation. So this is the relaxation that we experience when we drink.

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Adriana Cloud, Sobriety Coach: So the problem with that. Well, first of all, I just wanna say that. Yes, 60% of people say that they drink alcohol to reduce stress. I couldn't find stats on how many people overall drink. But one survey said 62% of adults in America drink or like.

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Adriana Cloud, Sobriety Coach: I think it was 69% in the UK. And of those like 60% drink to reduce stress. So it's a very common coping mechanism among people to try to drink, to feel less stressed.

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Adriana Cloud, Sobriety Coach: But the problem with drinking as a solution to stress is at least 5 fold. And I wanna talk you through those components. So first of all, when we drink, alcohol is not addressing whatever the problem is that is stressing you in the first place. So

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Adriana Cloud, Sobriety Coach: it's a little bit like if you have a broken leg and you're taking painkillers. Well, sure, the pain killers will mask the pain, but they're not actually doing anything to fix your broken bone. So this is what happens with alcohol like whatever it was that you were stressed about will still be there in the morning, and now you have to deal with it with a hangover.

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Adriana Cloud, Sobriety Coach: and alcohol is addictive, and I don't mean to say that everyone who drinks is an addict or will become an addict, but it is an addictive substance. So what that means is that over time the brain learns to depend on it. And

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Adriana Cloud, Sobriety Coach: it happens because again, this huge release of dopamine that we get when we drink alcohol. And so the brain experiences this like very positive feeling, and the brain thinks, oh, this feels really good. It must be really important, because other things that feel good are important for procreation, and the continuation of the species like having sex feels good. And so

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Adriana Cloud, Sobriety Coach: like, it's the reason it feels good is because, like the the species want to continue itself. And so, because the alcohol has this effect, the brain learns that this is important, and it starts thinking that it's important for survival. Which is why, the more that you reinforce this reward cycle of like you have yours to drink, and you drink, and the brain like learns that. Oh, yes, this is really good. I want more of this. Let's let's do more.

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Adriana Cloud, Sobriety Coach: And so over time. What happens, as you may have noticed if you've been drinking for any length of time, is that

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Adriana Cloud, Sobriety Coach: obey?

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Adriana Cloud, Sobriety Coach: You build up a tolerance, and so, where before you might have been able to feel a buzz from one glass of wine. You now need 2, and over time you need 3, and again it might take a long time for you to develop any kind of dependence, and some people never do. It depends on other factors, too, around trauma and childhood and family instances of addiction. So I'm not saying that everyone is addicted, but alcohol overall is an addictive substance, so that could be a problem.

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Adriana Cloud, Sobriety Coach: and alcohol actually, even though we drink to relax. Alcohol actually interferes with the body's ability to relax in a couple of ways.

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Adriana Cloud, Sobriety Coach: So so first of all, when you drink, it's stimulates the production of cortisol, which is the stress hormone. So the body actually has this elevated stress response. So even though on the surface you might feel a bit more sedated and and calmer and happier. The body is actually like activated internally. So it's it's actually more stressful for your body when you drink

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Adriana Cloud, Sobriety Coach: and alcohol also interferes with your ability to get a good night's sleep because it it prevents the body from having enough Rem cycles like, and enough rem sleep and deep sleep. So what that means is that when you've been drinking and you go to sleep

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Adriana Cloud, Sobriety Coach: you might pass out quicker. But you're going to have this very light, interrupted sleep that is not restful at all. And so, after a happy night of sleep, you're not going to be operating at your full capacity mentally and physically. And so if you're trying to solve a problem that it was stressing you out in the first place, and you've been drinking, you're basically

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Adriana Cloud, Sobriety Coach: interfering with your own ability to solve that problem

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Adriana Cloud, Sobriety Coach: and it it just in addition to this, the the sleep and the court is, though you also, if you hung over, you probably are not communicating as well as you could be like, you might snap at a coworker. You might yell at your child like you might say. It's something snippy to your partner, and your body is physically more tired. So

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Adriana Cloud, Sobriety Coach: you just aren't really operating at your full capacity, and you're not showing up as your best self when you've been drinking.

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Adriana Cloud, Sobriety Coach: and

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Adriana Cloud, Sobriety Coach: if you've been drinking, your inhibitions also fall. So again, like you might say something that you later regret you might. You might act in a way that so, for you wouldn't, and

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Adriana Cloud, Sobriety Coach: I don't want to scare anybody, but there is no denying that alcohol is linked to a lot of health problems. So it increases the risk of 6 different types of cancer, including breast cancer. It increases the risk of early onset, dementia and memory loss. It increases the risk of infertility and high blood pressure and heart disease. There was a new study recently I just saw

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Adriana Cloud, Sobriety Coach: in the Us. Where they studied like women who drink, and the the numbers were really scary. It was something like for women who drink 3 drinks per day, like 3 or more drinks per day, which is considered binge drinking. They were 68, more likely to develop heart disease than women who drink less than that. So it's it's really scary.

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Adriana Cloud, Sobriety Coach: And so that's just the health issues. And then we have things like financial strain, because our Co is expensive. If your inhibitions are lower and you're drinking a lot like you might end up buying stuff late at night, you know, you might create social problems for yourself. So it's just it's just adding to your stress instead of actually removing it.

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Adriana Cloud, Sobriety Coach: So this is what happens. We end up in a drinking dependence cycle where you're stressed.

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Adriana Cloud, Sobriety Coach: You drink because you're trying to relieve your stress. But over time, your drinking habits actually not only add to your stress, but end up, causing more stress. So like you have health problems, your productivity is impacted. You probably have some shame around your own drinking habits. Your relationship might become strained. So what happens is that the solution to stress the so-called solution ends up becoming a problem.

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Adriana Cloud, Sobriety Coach: If you're here today, it means that you probably are aware of some of this already, and you're trying to

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Adriana Cloud, Sobriety Coach: find other ways to unwind without drinking. And you're not alone. So this was a study done earlier this year, and apparently 41% of people who were survey said that they're trying to drink less in 2024.

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Adriana Cloud, Sobriety Coach: So again, like, if you've been aware of this issue, and you've tried to cut down drinking on your own. You probably have tried using willpower.

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Adriana Cloud, Sobriety Coach: So maybe you just notice that

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Adriana Cloud, Sobriety Coach: drinking wasn't doing you any favors. Or maybe you're you're starting to drink a bit more than you used to. And so you probably have tried to just say, Okay, I'm not going to drink tonight, or I'm only going to have a glass or 2.

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Adriana Cloud, Sobriety Coach: And you you're just relying on willpower to to make good decisions in the moment. But the problem with willpower is that it doesn't work sustainably. So if you're trying to white knuckle it, you just end up being really frustrated and and feeling deprived all the time. So you're hating the whole experience. And the reason that will power doesn't work is because it's a finite resource. And how much of it we have depends on other factors like

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Adriana Cloud, Sobriety Coach: how well rested we are like. Have we eaten did we step in a puddle that morning? Was the train late like? Could are we having a toothache? So your overall sense of wellbeing will determine how able you are to access your willpower. And

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Adriana Cloud, Sobriety Coach: the other issue with willpower is that if you're relying on willpower to make good decisions, you basically are relying on your primitive brain to make decisions. So the primitive brain is like the the least evolved part of our brain. And it's kind of stupid. It just wants 3 things. It wants to

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Adriana Cloud, Sobriety Coach: seek pleasure, avoid pain and conserve energy. And so if you're trying to make a good decision in the moment, it's like trying to have impulse control and your primitive brain is always going to just want whatever feels good in the moment. So it's going to go for the instant gratification which means usually is going to go for the the drink that you were trying to not have.

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Adriana Cloud, Sobriety Coach: And also, if you're using willpower to now, drink odds, are you? Probably still at least subconsciously, actually wants to drink. But you're just trying to like, restrain yourself from drinking. And so this creates this cognitive distance where one part of your brain wants to drink, but the other part is trying to argue with it, and it feels really uncomfortable. It feels like you're you're fighting yourself.

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Adriana Cloud, Sobriety Coach: And part of that again is because in in our society we see messages everywhere that tell us that drinking is fun and normal, like we see it in movies. We see it in in the grocery store. People drink on the train, on their commute home. So it's everywhere around us, and so we absorb these messages subconsciously, and we think that something is wrong if we are not allowing ourselves to have a drink.

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Adriana Cloud, Sobriety Coach: and the last problem with willpower is that using willpower to not drink is that if that's all you're relying on, then odds are that you probably have not replaced the alcohol with anything else. And that's a problem, because, as we discussed.

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Adriana Cloud, Sobriety Coach: alcohol does have that initial effect of

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Adriana Cloud, Sobriety Coach: relaxing you and and putting you in this mild state of calm sedation, like calm and pleasant sedation. So if you haven't found something to replace that with, then you're going to be pretty miserable if you are just removing alcohol, but not adding anything else.

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Adriana Cloud, Sobriety Coach: So where does that leave us? Let's talk about what the solution is. So will power doesn't work. Drinking doesn't work. So let's talk about what does work. And so we're going to revisit our handy chart.

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Adriana Cloud, Sobriety Coach: So this where we are, you're stressed.

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Adriana Cloud, Sobriety Coach: You drink to relieve stress, and you're drinking habits because you stress. So the solution to stress becomes the problem.

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Adriana Cloud, Sobriety Coach: So there are 2 parts to dealing with this, and one is the more immediate, like kind of the shorter term, and then there's a second longer term solution. So unfortunately, I won't be able to cover both of them tonight, like I'll tell you what they are, but it's just a lot a lot of material to go over. But I want to tell you what is involved, so that you understand? If you want to make long term changes what needs to happen.

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Adriana Cloud, Sobriety Coach: So the 2 parts are, first of all, sorry for this very orange color. On this pink. I hope you can see it well, but the first part is to break the drinking cycle. So what I mean here is that you need to break that pattern of. You're stressed. You drink. You need to start with everything like when you're stressed. You need to do something else that's not drinking. So that's the first part. And that's what we're going to focus on tonight. So that's what I'm going to give you

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Adriana Cloud, Sobriety Coach: practical tips for how to do for the rest of the webinar. So that's step one.

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Adriana Cloud, Sobriety Coach: And for some of you that will be enough for some people like that's already going to reduce their stress by a lot, and it's going to to give them a

much better experience. But then the next step after that would be, if you, if you have been able to break that dependence on drinking every time you feel stressed, the next part is to sell for the would cause of stress. So

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Adriana Cloud, Sobriety Coach: really find out what is stressing you out? Is it something that you can control? Can you actually change the situation? And if you cannot change the situation. Can you change your thinking about it?

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Adriana Cloud, Sobriety Coach: So that's what I mean by the root cause.

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Adriana Cloud, Sobriety Coach: So okay, let me just get a sip of water.

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Adriana Cloud, Sobriety Coach: and we're going to talk about how to break the drinking cycle.

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Adriana Cloud, Sobriety Coach: So this is, yes, this is what we're focusing on breaking the drinking cycle. So you're stressed. But you do something else that's not drinking.

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Adriana Cloud, Sobriety Coach: And here is my 3 step formula for how to do that. So it's very basic. It's very simple. But trust me, it works. I promise you that it works.

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Adriana Cloud, Sobriety Coach: So first of all, you need to identify your drinking patterns and understand what it is that triggers, you, and how you drink. Why you drink when you drink all of that.

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Adriana Cloud, Sobriety Coach: then you need to learn how to plan ahead so that you have a plan for how you're going to respond when you stress and when and what you're going to drink.

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Adriana Cloud, Sobriety Coach: And finally, you need to regulate your nervous system. So I'm going to talk about each of these and explain to you why they're important and why they're going to work.

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Adriana Cloud, Sobriety Coach: So okay, identify your drinking patterns. So here. Why, this is important is because so many of us just do things on autopilot. We get into the habit of doing a thing, and we end up doing it again and again and again, so often and in such a way that it just becomes muscle memory. And we don't think about it anymore

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Adriana Cloud, Sobriety Coach: the same way that like, when you're brushing your teeth, you probably are not super focused on what exactly you're doing, because you've done it so many times that it just becomes habitual and your brain is somewhere else while you're doing it. And the same thing happens when we drink, we learn over time that like, okay, 6 o'clock. And I usually have a gnt before I make dinner. Then it's 6 o'clock, and you do that automatically without even thinking.

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Adriana Cloud, Sobriety Coach: So I want you to really start noticing what your drinking patterns are. Are there certain situations where you find yourself drinking more often than not? Are there certain people who you find triggering

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Adriana Cloud, Sobriety Coach: is there a habit you have? Let's say, like going to the pub on Thursdays with a co-worker. Is it a pattern like that that you can notice. And you can start thinking about, maybe, how you can interrupt that and like, what are some apart from stress, because that's what we're talking about today, but like, what are some emotions that you find really difficult to sit with? If you're not drinking.

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Adriana Cloud, Sobriety Coach: and what are you drinking? And how much are you drinking and like, are you drinking intentionally? So notice the difference between

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00:24:55.310 --> 00:25:06.379

Adriana Cloud, Sobriety Coach: going to a bar and actually stopping to ask yourself, Okay, what do we actually feel like having and and really checking in to see if you even want an alcoholic drink. Maybe a lemonade would be really nice

97

00:25:06.520 --> 00:25:14.490

Adriana Cloud, Sobriety Coach: versus going to a bar and ordering the same thing you always order because you always order that thing and not even thinking about it.

98

00:25:14.620 --> 00:25:30.170

Adriana Cloud, Sobriety Coach: and and also notice how you feel afterwards, because we tend to idealize this, the effect that Alco has like. Oh, we'll it feels so good! It's relaxing. It's delicious. It makes me. It makes me unwind. It makes me like feel this like nice, warm fuzziness.

99

00:25:30.240 --> 00:25:51.289

Adriana Cloud, Sobriety Coach: and we somehow conveniently forget what happens afterwards. We forget the interrupted sleep. We forget the anxiety. The next morning we forget the hangovers. We forget what it's like to like. Say something mean to someone that we didn't actually mean to say, but like it slipped out because we had been drinking

100

00:25:51.290 --> 00:26:04.310

Adriana Cloud, Sobriety Coach: just we forget all those things, but start paying attention to to that, too, because once you become more aware of what you're actually doing, it's going to become a lot easier to interrupt that.

101

00:26:05.070 --> 00:26:13.379

Adriana Cloud, Sobriety Coach: And so, once you know, what are you doing? The next step is to plan ahead for what to to do instead. So

102

00:26:13.490 --> 00:26:29.260

Adriana Cloud, Sobriety Coach: I want you to start thinking about planning your drinking ahead of time. It just might sound ridiculous. But it's really important, like, if you take nothing else from this webinar, this is the one thing that is super important, and would really make a big difference.

103

00:26:29.260 --> 00:26:51.570

Adriana Cloud, Sobriety Coach: And the reason it's so important to decide ahead of time what you're going to drink and how much and when is because when you make decisions ahead of time, you're using your prefrontal cortex to make decisions so unlike the primitive brain. This is the rational part of your brain which is more evolved and actually is capable of rational thinking.

104

00:26:51.620 --> 00:27:19.399

Adriana Cloud, Sobriety Coach: And so every time you're able to decide ahead of time, what are you going to drink, and how much you take some of your power back. You reinforce your brain, that you are the one in charge, and you can make rational decisions with your own best interest in mind. And so this is important. Even if you

decided you're going to have 5 glasses of wine on Friday, and I don't recommend it. I've had 5 glasses of wine, and it did not feel good.

105

00:27:19.400 --> 00:27:27.620

Adriana Cloud, Sobriety Coach: But you still, if you decide ahead of time, that okay, I'm drinking nothing on Wednesday and Thursday, and then Friday. I'm going to have 5 glasses of wine.

106

00:27:27.660 --> 00:27:45.889

Adriana Cloud, Sobriety Coach: It's still flexing that muscle of making decisions with your rational brain, and that's going to be really helpful because you're you're you're stopping that pattern of making decisions in the moment like making the impulsive decisions that usually are based on instant gratification.

107

00:27:46.610 --> 00:27:58.599

Adriana Cloud, Sobriety Coach: And I want you to just anticipate that you're going to have some cravings like you're if you're used to, especially if you're used to drinking in the same situations and around the same time.

108

00:27:58.670 --> 00:28:08.409

Adriana Cloud, Sobriety Coach: It's just going to happen. You're going to find yourself in that situation, and your brain is going to be. Hey? What's happening? Usually, when I'm here, I have a glass of wine like, where's my glass of wine?

109

00:28:08.450 --> 00:28:34.929

Adriana Cloud, Sobriety Coach: And I just wanted to know that that's going to happen and not make it a problem. It's just your brain remembering what it's like to go to the public coworkers every Thursday. And if you instead of your usual pint order, a non alcoholic beer. Your your brain might be a bit surprised that what's happening, but it doesn't mean that anything is done wrong. You just want to notice that craving, but you don't have to respond. So

110

00:28:34.970 --> 00:28:47.909

Adriana Cloud, Sobriety Coach: one way I like to think about it is like it's the teller in the candy store. It wants the candy, but just because you can hear it asking for the candy, it doesn't mean you give in and give it the candy. You can notice what's happening

111

00:28:47.990 --> 00:29:03.330

Adriana Cloud, Sobriety Coach: and not respond, and still remind yourself of why you want to drink less or not drink at all. On a particular evening. So that's just don't make. Don't make the cravings. A problem is the bottom line here.

112

00:29:04.620 --> 00:29:06.050

Adriana Cloud, Sobriety Coach: and

113

00:29:06.870 --> 00:29:24.140

Adriana Cloud, Sobriety Coach: the last point is, decide what you will do instead of drinking. And here I have a couple of like sub points. So this means both in terms of what can you do to relax, and I'll I'll come back to that in a moment. So what can you do in the moment but also like, how can you?

114

00:29:24.420 --> 00:29:44.770

Adriana Cloud, Sobriety Coach: How can you change your life in a way that you don't put yourself in those situations that you find triggering. So say, for example, that you work out in the morning, and then, usually in the evening, like in the witching hour between work and dinner, you find yourself wanting a cocktail. Well, could you maybe rearrange your day so that instead of

115

00:29:45.010 --> 00:29:56.749

Adriana Cloud, Sobriety Coach: working out in the morning, you're working out in the evening, so that that time that you normally would be drinking you, you do something else like you. You do something else to occupy that time and keep yourself from drinking.

116

00:29:56.960 --> 00:30:11.700

Adriana Cloud, Sobriety Coach: Or if you really, I know that we're mostly talking about drinking as a response to stress. But there are many other reasons why we drink, and the more you can understand your own reasons, easier it will be to start making different decisions.

117

00:30:11.740 --> 00:30:28.499

Adriana Cloud, Sobriety Coach: So, for example, if you drink because you really like that ritual of sitting down with a glass of wine in the evening, you can still have the ritual. But could you maybe replace the the liquid in the glass? There actually been studies of people who say that they

118

00:30:28.700 --> 00:30:32.560

Adriana Cloud, Sobriety Coach: they drink to relax that even

119

00:30:32.600 --> 00:30:52.530

Adriana Cloud, Sobriety Coach: they, they're handed a glass of wine, and even before they've taken a sip they already start feeling more relaxed. And it's first of all, because, like it's a placebo effect. And also it's the anticipation. So the wine hasn't even touched

their lips. And already they're feeling relaxed. So it's not the wine that's helping them to relax.

120

00:30:52.530 --> 00:31:05.800

Adriana Cloud, Sobriety Coach: And so how can you harness that knowledge and give yourself the ritual? Give yourself that special treat that makes you feel like you're having that moment that before you maybe were having with wine. But now you can have it with

121

00:31:05.800 --> 00:31:17.639

Adriana Cloud, Sobriety Coach: a cup of tea or a kombucha, or a mocktail in a fancy glass like, give yourself everything else surrounding the ritual, but not just not the alcohol.

122

00:31:17.780 --> 00:31:40.020

Adriana Cloud, Sobriety Coach: And and and again, like, I want to really invite you to think about what it is that you want alcohol to give you? And and how can you give that to yourself some other way, like, what can you do that will still feel nice, and how can you rearrange your life like? What can you add to your life to replace drinking

123

00:31:40.880 --> 00:31:42.100

Adriana Cloud, Sobriety Coach: and

124

00:31:43.060 --> 00:32:03.150

Adriana Cloud, Sobriety Coach: point 3. Here is about regulating our nervous system. And I know I know guys. I know this doesn't sound sexy. It sounds super boring like. No one wants to talk about the nervous system. But but guess what all you're doing when you're drinking is you're actually regulating your nervous system. The only reason you drink is because you want to feel a certain way.

125

00:32:03.150 --> 00:32:13.829

Adriana Cloud, Sobriety Coach: And another way to do that is to regulate your nervous system. That's all that you're doing. You're changing your the experience in your body that you're having when you drink. And now we're just gonna

126

00:32:13.830 --> 00:32:26.240

Adriana Cloud, Sobriety Coach: do it in some other way. And so I've listed here like 3 groups of things. And I wanna talk through them because there's we need to address both what's happening in the moment.

127

00:32:26.240 --> 00:32:54.900

Adriana Cloud, Sobriety Coach: especially because we're talking about stress like there could be situations where you super activated like something horrible just happened. Or you're just at you with end. You just cannot take it anymore. You super overwhelmed. You're ready to to just scream. So in that moment you also don't have access to your rationale brain that made really good decisions yesterday. So the first step here is to really calm down enough so that you have control over yourself, and then you can decide what to do next.

128

00:32:55.040 --> 00:32:56.560

Adriana Cloud, Sobriety Coach: And and then

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00:32:56.580 --> 00:33:08.809

Adriana Cloud, Sobriety Coach: the other activities I've suggested here are things that you can incorporate if you do have time. If you're calmer and things that you can just start incorporating into your life more generally. But I want to take a moment and talk about

130

00:33:09.140 --> 00:33:35.360

Adriana Cloud, Sobriety Coach: those first 2 things that are 3 things that I've listed here under, like the short, the short list of suggestions for how to regulate the nervous system because they take less than a minute, and if you learn one of these and just have it in your back pocket, for when you activate, it is going to be so helpful, it's going to make such a huge difference in your life, and I really want you to have at least one of these tools and trust me. They work like I know they sound super basic.

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00:33:35.600 --> 00:33:44.790

Adriana Cloud, Sobriety Coach: but but they work. There's a reason why breathwork has been a part of all kinds of healing modalities through the centuries throughout the world.

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00:33:44.910 --> 00:33:46.600

Adriana Cloud, Sobriety Coach: So the first

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00:33:46.680 --> 00:34:01.749

Adriana Cloud, Sobriety Coach: exercises you can do is just take some deep breaths honestly, that's it. It's that simple. Take some deep breaths where the exhale is longer than inhale, so you can count. You could do like inhale for 3, exhale for 6,

134

00:34:01.890 --> 00:34:24.609

Adriana Cloud, Sobriety Coach: inhale for 4, exhale for 8, and you do that like, take 1 min if you breathe in 6 times like, exhale to take a few of these like 6 6 of these deep breaths,

it's going to make a difference. It's going to simulate production of Gaba in your nervous system is going to give more oxygen to your brain. It's going to feel better immediately.

135

00:34:25.010 --> 00:34:48.800

Adriana Cloud, Sobriety Coach: and the second one is the physiological sigh, which, if you haven't heard of it, I encourage you to look it up. But I'm gonna demonstrate it right now. So it's actually something that kids do automatically, especially when they're crying like the body knows how to calm itself down. But we've just forgotten how to do it. But so it's basically inhaling twice and exhaling for longer. So it's like you

136

00:34:48.810 --> 00:34:51.060

Adriana Cloud, Sobriety Coach: inhale in hell again.

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00:34:51.280 --> 00:34:53.970

Adriana Cloud, Sobriety Coach: and then exhale. So inhale

138

00:34:55.139 --> 00:35:14.449

Adriana Cloud, Sobriety Coach: and hell again exhale. So like I'm I'm just stipulating to show it, but like you inhale, and you inhale second time for sharper like, for a shorter shorter inhale and then exhale. So you do that a couple of times and again, like just I just did it twice. And already, like I'm kind of feeling a bit calmer and more sedate.

139

00:35:14.670 --> 00:35:24.240

Adriana Cloud, Sobriety Coach: So you can do that anywhere. You could do that in the post office. You can do that while your kid is screaming while you're trying to tie your shoe. You could do that anywhere.

140

00:35:24.780 --> 00:35:31.959

Adriana Cloud, Sobriety Coach: and the last one is, if you're not a huge fan of breathing, then I just want to offer another option for something you can do to kind of

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00:35:32.050 --> 00:35:37.989

Adriana Cloud, Sobriety Coach: check in with your body and and reorient and ground yourself. So what this looks like is, just

142

00:35:38.220 --> 00:35:47.790

Adriana Cloud, Sobriety Coach: notice your feet on the ground. Just notice that you have feet, and they're touching something. If you have feet. I know that some people maybe. Don't

143

Adriana Cloud Coaching

00:35:47.840 --> 00:35:51.860

Adriana Cloud, Sobriety Coach: but notice, notice your extremities touching the ground.

144

00:35:52.000 --> 00:36:01.019

Adriana Cloud, Sobriety Coach: and notice if there's any sensation, any tension, any pain there, just notice what part of you is touching the ground.

145

00:36:01.340 --> 00:36:19.270

Adriana Cloud, Sobriety Coach: even if you're wearing shoes, that doesn't matter. Just notice that, and then look around you and see what you can see with your eyes like name, a couple of objects that you can see like I have a hand cream on my desk and a glass of water, and I have a pen.

146

00:36:19.350 --> 00:36:21.470

Adriana Cloud, Sobriety Coach: and what can you hear?

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00:36:21.710 --> 00:36:26.310

Adriana Cloud, Sobriety Coach: I can hear my neighbor Stevie. There's a car passing outside.

148

00:36:26.470 --> 00:36:36.470

Adriana Cloud, Sobriety Coach: That's what I can hear right now, and my voice, can you smell something? I can smell my rose hand cream? I can smell lilies that I have next to me.

149

00:36:36.640 --> 00:37:00.440

Adriana Cloud, Sobriety Coach: And can you taste anything like what tastes? Is there a new mouth? Can you touch something? Is there a breeze? Just use your senses to orient yourself? And again, it doesn't have to be a big production. You don't have to name everything you see. But can you drop into your senses and notice what is happening around you, because that is going to help you ground yourself and calm down your nervous system.

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00:37:00.840 --> 00:37:01.830

Adriana Cloud, Sobriety Coach: So

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00:37:02.410 --> 00:37:13.819

Adriana Cloud, Sobriety Coach: these are all less than 1 min long. You can do them anywhere, and I encourage you to do them. If you're finding yourself in situations where, like, you're super activated and just really overwhelmed. And you don't know what to do.

152

00:37:14.000 --> 00:37:43.589

Adriana Cloud, Sobriety Coach: And then the other things I've suggested here are things that you can either do as one offs if you have time, and or you can just start adding more more of them into your life. But the point here is that you need to find ways to calm yourself down, and you need to add habits and practices into your life that overall help you to to be calmer and to have a more regulated nervous system, and to be more emotionally resilient and responsive. And this includes things like

153

00:37:43.850 --> 00:38:07.240

Adriana Cloud, Sobriety Coach: meditation and shaking like you could just like literally, just like, shake for a few minutes. Shake your hands, shake your arms, shake your feet. You can put on some music and move your body. You can journal like, just open the notes, app on your phone and like type for a few minutes, like thoughts that are coming through your mind. You can eat a snack that has protein because oftentimes we're activated when we're hungry and we haven't eaten enough.

154

00:38:07.400 --> 00:38:17.390

Adriana Cloud, Sobriety Coach: You can. You can spend some time in nature like time spent in nature, has been shown to have such a huge beneficial effect for our nervous system.

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00:38:17.690 --> 00:38:28.480

Adriana Cloud, Sobriety Coach: You can spend time connecting with other people and helping other people. There have been studies that show that when we do something for someone else. It actually feels better

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00:38:28.640 --> 00:38:38.740

Adriana Cloud, Sobriety Coach: then, when we do something nice for for ourselves. So if we do something for somebody else, this can be a wonderful way to both. Do something for them, but then get a dopamine hit ourselves.

157

00:38:38.830 --> 00:38:53.709

Adriana Cloud, Sobriety Coach: And what hobbies can you add like? Do you? If you find yourself drinking when you're bored? Can you add hobbies? Can you find some time for yourself so that you're not always that you would spend? But you actually are doing things that help you to recharge.

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00:38:54.080 --> 00:38:56.250

Adriana Cloud, Sobriety Coach: So those are.

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00:38:56.380 --> 00:39:06.369

Adriana Cloud, Sobriety Coach: Those are my tips for how to regulate the nervous system. And again, that's just another way to say how to help you feel better. That's what we're doing here. We're helping you to feel better.

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00:39:07.810 --> 00:39:08.780

Adriana Cloud, Sobriety Coach: So

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00:39:09.170 --> 00:39:12.230

Adriana Cloud, Sobriety Coach: if you do these things, if you're able to

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00:39:12.300 --> 00:39:37.240

Adriana Cloud, Sobriety Coach: understand your patterns, identify your drinking patterns, plan ahead for what are you going to do? Like plan ahead how much you're going to drink and like plan to drink less and plan what are you going to do instead? So you no longer will be finding yourself drinking all the time to relieve stress. And as a result, you're not going to be so dependent on alcohol. And you're going to be less stressed because you're more productive. You're healthier.

163

00:39:37.240 --> 00:39:48.079

Adriana Cloud, Sobriety Coach: You have stronger relationships, you're just feeling better overall. So already you will be releasing or reducing the amount of stress you have in your life.

164

00:39:48.080 --> 00:40:05.610

Adriana Cloud, Sobriety Coach: and that's for some of you will already be such a huge difference, and will really change your lives if you're able to start breaking that cycle and not responding with a drink every time you're stressed. You already are on your way to having a much less stressful life.

165

00:40:06.270 --> 00:40:10.980

Adriana Cloud, Sobriety Coach: And and again, like, I want to come back to the other point which

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00:40:11.000 --> 00:40:19.469

Adriana Cloud, Sobriety Coach: we can sell for tonight. But you really need to then think about what is the root cause of stress in your life and sell for that.

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00:40:19.560 --> 00:40:39.809

Adriana Cloud, Sobriety Coach: And and here again, like we're looking both at situations that you find stressful. But also, how are you thinking about those situations? And, as I

said, I'm trained as a mindset coach, which means that I look at people's patterns and and notice what thought patterns are causing stress. And I mean things like

168

00:40:40.829 --> 00:41:08.410

Adriana Cloud, Sobriety Coach: when I work with my clients like, are they? Maybe perfectionists who are spending way too much time doing something that really should only take half the time, are they people pleasers? And so they end up saying yes to things that they don't actually want to do or have the time to do. And that's what's causing the stress. Do they maybe have trouble setting boundaries? And so their mother-in-law is showing up every night. Is that what's stressing them. So what are some, some ways that

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00:41:08.410 --> 00:41:16.610

Adriana Cloud, Sobriety Coach: they are thinking about things in their lives that are not serving them and are creating a necessary stress that we can address.

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00:41:16.660 --> 00:41:21.320

Adriana Cloud, Sobriety Coach: So that's the kind of work that you will need to do to solve the root cause of stress.

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00:41:21.570 --> 00:41:31.059

Adriana Cloud, Sobriety Coach: So this brings me to the next part here, which is, I want to tell you a bit more about how

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00:41:31.690 --> 00:41:36.710

Adriana Cloud, Sobriety Coach: how I work with my clients in my one on one coaching program where we do some of this work.

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00:41:36.860 --> 00:41:46.169

Adriana Cloud, Sobriety Coach: So again, like the tips that I already gave you today, if you're able to implement those, you're going to have a much different experience when you're stressed.

174

00:41:46.280 --> 00:42:02.029

Adriana Cloud, Sobriety Coach: But I want you to think bigger than that, and I want you not just to be getting by and like managing to get through the day and feeling just a little bit less stressed. But I want you to live a happy, intentional life that you absolutely love.

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00:42:02.060 --> 00:42:11.659

Adriana Cloud, Sobriety Coach: And I want you to just feel completely free around alcohol and to not even think about it ever again as a thing that is a problem.

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00:42:11.790 --> 00:42:22.530

Adriana Cloud, Sobriety Coach: So that's what. Why I want to invite you to take this work deeper and work with me in my one on one coaching program is called Sham free sobriety.

177

00:42:22.650 --> 00:42:36.180

Adriana Cloud, Sobriety Coach: So the first thing I do with my clients in this program is we work on overcoming dependence. And again, we're focused on stress tonight. But there are many other reasons why we drink. There's

178

00:42:36.850 --> 00:43:03.099

Adriana Cloud, Sobriety Coach: things like drinking to have fun when drinking, to create connection, drinking, to be able to have intimacy with a partner drinking in social situations because we have anxiety. So there are many other things that could be triggering and making someone drink more than they want to. So that's what I work on with my clients. First of all is to understand. What is it that is making them drink like what are like.

179

00:43:03.100 --> 00:43:27.119

Adriana Cloud, Sobriety Coach: in what situations are they using alcohol? And how can we solve for that? So that by the end of the 6 months of us working together, they can walk into any situation and feel completely in control, whether it's a networking event or best friends, wedding or Friday night with the girls, or just whatever it is. That's that's what I want for all of my clients. And that's what I want for you.

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00:43:27.860 --> 00:43:34.660

Adriana Cloud, Sobriety Coach: Not only that, but we need to work on improving physical and mental health, because

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00:43:34.670 --> 00:43:47.120

Adriana Cloud, Sobriety Coach: I know what it's like to have almost daily hangovers, if not daily, and the nausea and the headaches, and the anxiety the morning after, and the binge eating late at night like that was absolutely me.

182

00:43:47.120 --> 00:44:08.480

Adriana Cloud, Sobriety Coach: and those are all symptoms of over drinking. And so in the 6 months that I work with my clients. We work on how to incorporate healthier habits and practices so that they feel better and don't wake up with a hangover anymore. So this includes things like suggestions for changes in nutrition that they could make.

183

00:44:08.480 --> 00:44:24.302

Adriana Cloud, Sobriety Coach: or how to again like how to incorporate habits like healthy movement, spending more time in nature, doing things that they find nourishing so that they can wake up feeling energized, and be able to go to

184

00:44:24.790 --> 00:44:37.969

Adriana Cloud, Sobriety Coach: the soccer game that the child is playing on Saturday morning, feeling really energized and wonderful and happy about their life rather than feeling like death, because they had a bottle of Chardonnay the night before.

185

00:44:38.870 --> 00:45:05.449

Adriana Cloud, Sobriety Coach: and then we work on productivity. And when I say productivity, I don't mean just let's get the to do list done and be efficient capitalists. I mean things that need to get done, but also things that you want to get done. So maybe you started writing a book 5 years ago, and you haven't finished it. Or maybe you've been planning to like start crafting and knitting again, and you haven't done that because your weekends. You just end up feeling exhausted because you've been drinking.

186

00:45:05.560 --> 00:45:21.649

Adriana Cloud, Sobriety Coach: Or maybe maybe you want to repaint the garage just whatever it is. Maybe you want to like, learn Spanish, or pick up the ukulele, or take a cooking class, whatever it is that you want to be doing with your time. I want you to be doing that instead of

187

00:45:21.690 --> 00:45:26.609

Adriana Cloud, Sobriety Coach: lying around feeling miserable because you drank too much the night before.

188

00:45:27.160 --> 00:45:35.630

Adriana Cloud, Sobriety Coach: and I also know what it's like to be drinking, and put a strain on your relationships, because that was totally me.

189

00:45:35.950 --> 00:45:55.890

Adriana Cloud, Sobriety Coach: When I used to drink I would often say things that I regretted I bailed on plans. I just wasn't very present. I sometimes made a fool of myself in public, and I just was not the most reliable friend and co-worker at all, and I don't want that for you.

190

00:45:55.890 --> 00:46:07.310

Adriana Cloud, Sobriety Coach: I want you to be present and reliable in every relationship, and with your coworkers, with your partner, with your, with your family, with your children, with your parents, with your siblings, with your friends.

191

00:46:07.430 --> 00:46:22.650

Adriana Cloud, Sobriety Coach: I want you to have genuine relationships that don't need alcohol to feel good. I want you to be able to feel really good about all the relationships in your life, so that you don't need alcohol to listen up in any situation.

192

00:46:23.120 --> 00:46:42.779

Adriana Cloud, Sobriety Coach: and I know that sometimes, like we drink because we don't know how to set boundaries. And I want you to be able to know how to do that, how to know what you need to do and be able to speak up for yourself when it comes to other people, so that you're never spending time with people that you don't genuinely want to spend time with.

193

00:46:43.350 --> 00:47:00.079

Adriana Cloud, Sobriety Coach: And the reason I called my program shame for sobriety is because so many of us have shame around our drinking habits, and we think that there's something wrong with us, because maybe we have tried to cut down and made promises to ourselves that we couldn't then keep.

194

00:47:00.340 --> 00:47:16.079

Adriana Cloud, Sobriety Coach: and we thought that something is wrong with us because we didn't have enough willpower. And I know what it's like to hurt people you love because you're just not feeling well. You end up disappointing them. You end up disappointing yourself.

195

00:47:16.390 --> 00:47:39.070

Adriana Cloud, Sobriety Coach: and I know what it's like to hide how much you're drinking, and to feel scared and ashamed that maybe maybe you have a problem, and to be stuck in this place where you both think that you might have a problem, and you might need to change. And that's really scary, and also to be scared that it's going to be really hard to change. Because

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00:47:39.110 --> 00:47:43.630

Adriana Cloud, Sobriety Coach: is you just think that sobriety is going to require a lot of hard work.

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00:47:43.660 --> 00:48:06.159

Adriana Cloud, Sobriety Coach: So I've been there, and I want you to be able to forgive yourself for anything you may have done in the past while you were drinking, and I want you to rebuild that trust with yourself so that you can get rid of the shame, and you can rebuild your relationship with yourself and know that whatever happens, you have your own back.

198

00:48:06.170 --> 00:48:08.990

Adriana Cloud, Sobriety Coach: So that's that's what I want for you.

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00:48:09.050 --> 00:48:11.040

Adriana Cloud, Sobriety Coach: So this is my program.

200

00:48:11.480 --> 00:48:14.149

Adriana Cloud, Sobriety Coach: And again, it's

201

00:48:14.330 --> 00:48:33.570

Adriana Cloud, Sobriety Coach: it's for anyone. If you're sober already, and you're still kind of struggling with living the life that you want. I can help you if you're sober, Ish. You've maybe had some sober weeks months, but you're struggling to make it stick. I can help you quit for good, and if you're sober, curious, and not quite ready to

202

00:48:33.610 --> 00:48:57.009

Adriana Cloud, Sobriety Coach: you, not even sure if you want to stop at all. Are you just kind of exploring? What do you want your relationship without code to look like I can help you reach that goal like I'm not here to preach to anyone what they should be doing. I'm just here to help people achieve the goal that feels good to them, and the program is 6 months, not because it takes 6 months to stop drinking, but because for me, stopping, drinking is just the beginning

203

00:48:57.010 --> 00:49:12.230

Adriana Cloud, Sobriety Coach: for me. Sobriety is about so much more than just not drinking. It's really about then creating the lives that you really want. Now that you're sober and and fully present and able to withstand anything you can really do anything you want.

204

00:49:12.450 --> 00:49:28.210

Adriana Cloud, Sobriety Coach: So that's my program, and I invite you to book a free consultation. There's no obligation. If you come to the consultation, but I would love to be able to tell you more about how I can help you and whether this program can work for you. So it's

205

00:49:28.210 --> 00:49:43.979

Adriana Cloud, Sobriety Coach: it's fully customized. It's not like cookie cutter approach that I try to fit everyone in. It's basically, where are you? What are your goals? And how can I help you meet them? That's what the program looks like. So it's 6 months of

206

00:49:44.000 --> 00:49:50.639

Adriana Cloud, Sobriety Coach: 24 weekly sessions. Sorry 6 months weekly sessions. So that's 24 sessions total.

207

00:49:50.840 --> 00:50:02.289

Adriana Cloud, Sobriety Coach: And it's \$3,000 or 2,400 pounds. That's kind of roughly the conversion rate. So \$500 a month or 400 pounds a month.

208

00:50:02.540 --> 00:50:29.020

Adriana Cloud, Sobriety Coach: And and again, I really want to invite you to book a consultation because you don't have to work with me. But even if you don't end up working with me, I would love to hear where you are and what's keeping you stuck, and maybe there's some resources that I can offer to you because I've been on this journey. I know a lot of books. I know podcasts. I know several. Communities. I can help you wherever you are, even if you're not ready to work with a coach, I'm sure I have some resources

209

00:50:29.020 --> 00:50:33.189

Adriana Cloud, Sobriety Coach: could recommend. So that's my spiel. I hope you will come.

210

00:50:33.230 --> 00:50:48.329

Adriana Cloud, Sobriety Coach: I've added here a couple of things that some of my clients have said. One of them said that after only 6 weeks of working with me. She already was able to say No to alcohol a lot more easily, and she said they actually found it A lot less compelling.

211

00:50:48.420 --> 00:51:08.149

Adriana Cloud, Sobriety Coach: and she felt a lot better around it because she had more tools in her till belt and another one of my clients said that these sessions were a lot more effective and pragmatic than anything she had encountered in in therapy. And that's because with coaching it's very present and future focus, it's like.

212

00:51:08.150 --> 00:51:24.009

Adriana Cloud, Sobriety Coach: who do you want to become? Who do you want to be? We're not really litigating the past. I'm not medically trained. I'm not a trauma therapist.

I'm not a therapist at all. So we don't look at the past we look at. Here you are. Now, what choices do you want to make now for your future?

213

00:51:24.060 --> 00:51:25.730

Adriana Cloud, Sobriety Coach: So that's

214

00:51:25.820 --> 00:51:30.329

Adriana Cloud, Sobriety Coach: that's what I do. So okay, I got to the end of it.

215

00:51:30.490 --> 00:51:55.339

Adriana Cloud, Sobriety Coach: I, the QR. Code here, will take you to the page where you can book a consultation. You will also get a link with the replay, and you have all of my contact info. So please reach out with any questions at all. I would love to hear from you with anything you have to say. I will now stop sharing so that I can see what's in the QA. And please let me know how I can help you.

216

00:52:02.410 --> 00:52:28.670

Adriana Cloud, Sobriety Coach: Okay, what advice do you have for those situations which are unplanned, sudden, and difficult to pre plan. So what strategies to use for communicating your society to others? Okay, so this is a great question. So yes, there are situations where you can't, you can't plan. So in those moments I would advise you to just think about what would future you like you to do? What would future? You prefer that you order?

217

00:52:28.670 --> 00:52:37.890

Adriana Cloud, Sobriety Coach: And can you think about so, instead of the instant gratification? Can you think about what decision can you make that will feel good longer term

218

00:52:37.890 --> 00:52:51.470

Adriana Cloud, Sobriety Coach: so trying as much as possible to think about like the bigger picture. And how can you? How can you ensure that you're living in integrity with your values and your longer term plans for your your health.

219

00:52:51.650 --> 00:52:58.179

Adriana Cloud, Sobriety Coach: and as far as strategies for communicating my sobriety to others. So

220

00:52:58.470 --> 00:53:16.639

Adriana Cloud, Sobriety Coach: in the beginning I was very hesitant to talk about it. So I would say things like, I'm just not drinking tonight. I have also light, like I used to tell

people. Oh, I'm on antibiotics tonight, because if you have a medical excuse, people tend to generally leave you alone. And

221

00:53:16.720 --> 00:53:42.669

Adriana Cloud, Sobriety Coach: now I just say I don't drink anymore. So I'm very open about it, but I know that it can be a touchy subject. So one trick that I have learned and I offer to my clients is when someone asks you. Would you like a drink? You say yes, I'd love a lemonade or yes, I'd love a soda, so don't answer. No, no, I couldn't I? I'm not drinking. Say yes, and then name the non alcoholic drink that you want.

222

00:53:42.860 --> 00:53:46.450

Adriana Cloud, Sobriety Coach: and it's really up to you how much you want to reveal.

223

00:53:46.480 --> 00:53:58.070

Adriana Cloud, Sobriety Coach: I'm of the persuasion that you don't know anyone an explanation. You don't have to say what's going on. You don't have to say if you're just taking a break for the day, or, if you're on a longer term

224

00:53:58.490 --> 00:54:00.859

Adriana Cloud, Sobriety Coach: trying to make changes longer term.

225

00:54:00.980 --> 00:54:21.399

Adriana Cloud, Sobriety Coach: But people will ask. And so it's actually a good idea to think about. What are you comfortable saying to other people? If you're trying to not drink, are you comfortable saying, Hey, I just feel better when I'm not drinking, or I'm on a health kick. And I'm just exploring this thing, or I just don't feel like it tonight, or you can even again

226

00:54:21.590 --> 00:54:29.370

Adriana Cloud, Sobriety Coach: you can make up a lie if it feels easier to just say I have something early in the morning, and I'll prefer to be clear headed for that.

227

00:54:29.620 --> 00:54:31.090

Adriana Cloud, Sobriety Coach: So that's

228

00:54:31.220 --> 00:54:33.249

Adriana Cloud, Sobriety Coach: my answer to this question.

229

00:54:35.490 --> 00:54:37.479

Adriana Cloud, Sobriety Coach: Anyone else have anything?

230

00:54:46.570 --> 00:54:48.110

Adriana Cloud, Sobriety Coach: You're very welcomed.

231

00:54:48.636 --> 00:54:53.603

Adriana Cloud, Sobriety Coach: I did get a question from someone who couldn't be here. So I'm going to answer that quickly.

232

00:54:54.550 --> 00:54:56.110

Adriana Cloud, Sobriety Coach: before

233

00:54:56.330 --> 00:55:04.779

Adriana Cloud, Sobriety Coach: we end. But, please, if you have anything, please type it in. Now come back to that. But someone had asked me, What about anxiety? And

234

00:55:05.130 --> 00:55:14.679

Adriana Cloud, Sobriety Coach: because yes, there is this because alcohol has this effect of like sedating us and kind of uplifting us momentarily. A lot of people do use it

235

00:55:14.740 --> 00:55:19.260

Adriana Cloud, Sobriety Coach: to to relieve temporary anxiety. But it doesn't work

236

00:55:19.510 --> 00:55:43.929

Adriana Cloud, Sobriety Coach: sustainably. It's just not. It's it's only masking what is happening. And you're not solving the problem of anxiety either, and in fact, it makes anxiety worse, longer term, because your body gets used to having that alcohol in the system. And so what happens is the your body gets used to this level of alcohol, and then, when the alcohol leaves the body, it actually sends you into this

237

00:55:43.930 --> 00:55:54.280

Adriana Cloud, Sobriety Coach: into the panic mode, like into fight or flight immediately, which is why it's so common for people who are drinking to wake up with a lot of anxiety the next morning.

238

00:55:54.320 --> 00:56:08.769

Adriana Cloud, Sobriety Coach: because that's what happens when the alcohol leaves the body, you go into fight or flight, and so longer term it's not sustainable as an anxiety relieving tool, because you always have to then be drinking and and and the

239

00:56:09.270 --> 00:56:34.160

Adriana Cloud, Sobriety Coach: the comfort zone between you. You're you have enough alcohol in you to feel slightly calmer. But you haven't gone to the other extreme where your exit, your inhibitions are dropping, and you're starting to lose control of your nervous system. That zone of comfort is very small, and it's really hard to stay there because you're going to have to keep drinking, and you inevitably going to end up drinking more than

240

00:56:34.210 --> 00:56:38.100

Adriana Cloud, Sobriety Coach: you need to, just to get over that. And

241

00:56:39.427 --> 00:56:47.889

Adriana Cloud, Sobriety Coach: yes, so I could say a lot more. But I've already talked a lot. So yes, I know that it can feel like

242

00:56:48.440 --> 00:57:02.710

Adriana Cloud, Sobriety Coach: it's helping in the moment, but it's not helping long term, and I highly recommend looking at other ways to relieve anxiety. And for some people that means actually taking medication. If there's a real chemical imbalance.

243

00:57:02.790 --> 00:57:30.549

Adriana Cloud, Sobriety Coach: But for some people it can also be something like looking at what exactly, is making you anxious. And let's look at those thoughts, because if we can change how you perceive yourself like it, maybe if it's like a lack of confidence issue, then let's look at that, and let's look at how we can build up your own confidence so that you don't feel so anxious when you're among people that you don't know or like. What is it? Are you worried that you're going to say something and embarrass yourself. Well, let's get you thinking

244

00:57:30.550 --> 00:57:50.029

Adriana Cloud, Sobriety Coach: thoughts that are. Don't stress you so much about like well, what if you do embarrass yourself like? Why, why is that a big problem. So basically start to normalize these very human situations. And that can be a really wonderful way to reduce anxiety without without needing alcohol.

245

00:57:50.640 --> 00:57:52.390

Adriana Cloud, Sobriety Coach: So, okay.

246

00:57:53.650 --> 00:57:56.269

Adriana Cloud, Sobriety Coach: any last minute questions.

247

Adriana Cloud Coaching

00:57:57.070 --> 00:58:21.970

Adriana Cloud, Sobriety Coach: I will wait another moment. But yes, I will share the recording with everyone tomorrow and again please reach out with any questions at all. Please book a consultation. I'd love to talk to you. But even if you don't book a consultation, please send any questions, I'm happy to talk about this topic anytime. I'm I'm very passionate about this work. This is now the work of my life, and I would love to help you wherever you want.

248

00:58:21.970 --> 00:58:29.620

Adriana Cloud, Sobriety Coach: even if you're not ready to make changes yet, but are thinking about it, or you know someone else who's thinking about it. I would love to talk to you.

249

00:58:29.620 --> 00:58:37.629

Adriana Cloud, Sobriety Coach: Please reach out anytime. Thank you very much, and have a wonderful day. Wonderful evening, and I will see you soon.

250

00:58:38.220 --> 00:58:39.250

Adriana Cloud, Sobriety Coach: Bye.