mindful drinking

the why
- it’s delicious.
- can enhance a dining experience
- experiential
- education
- social lubricant
- community and intimacy
- ritual
- coping

identify all the reasons you’re drinking

and the role alcohol is playing for you

the how
- creative outlet
- artistic medium
- source of income
- subject to study
- collectible
- social conduit
- currency
- coping mechanism

mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, non-judgemental, and nurturing lens.
thought prompts

- how does my body feel in this moment?
- what emotions are coming up for me right now?
- is there a time I've felt these before?
- what thoughts are popping into my head as I drink this?
- does my current consumption align with my needs and well-being goals?
- do I feel safe and comfortable with the people I'm with?

then use your emotional processing worksheet to identify your thoughts and feelings.

keep an eye out for patterns!