



# Friday Facts

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## Sober Curiosity

Rapidly gaining popularity among people of all ages is sober curiosity, a trend that is significantly shifting the way people approach alcohol consumption. The movement encourages individuals to explore a life without alcohol while still enjoying social events and activities.

Sober curiosity is a movement that encourages individuals to question their drinking habits and explore the benefits of a sober lifestyle. It doesn't necessarily mean completely abstaining from alcohol but approaching it with a more mindful and intentional mindset. This trend has gained popularity as more people seek ways to prioritize their mental and physical well-being.

Incorporating sober curiosity into your lifestyle can be as simple as taking a break from alcohol for a set period or exploring non-alcoholic options. Many alcohol-free alternatives are available, from mocktails to non-alcoholic beers and wines. These options can still provide a sense of social connection and allow you to enjoy the experience of going out without compromising your health.

Another way to embrace sober curiosity is to find alternative activities with friends that don't revolve around drinking. Instead

of going to a bar, try a new fitness class, a cooking class, or a movie night. These activities can be fun and social without the effects of alcohol.

While embracing sober curiosity, it's important to remember that everyone's relationship with alcohol is different. It's crucial to do what feels right for you and your body. If you choose to drink, it's essential to do so in moderation and ensure you're drinking responsibly.

The sober curious trend is a positive movement toward prioritizing health and well-being. Whether taking a break from alcohol, exploring non-alcoholic options, or finding alternative activities, incorporating sober curiosity into your lifestyle can benefit you. And those dreaded hangovers will be a thing of the past.



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